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HAVE  
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# THE WORLD'S LEADING OBSTACLE RACE IS FINALLY COMING TO SINGAPORE

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The inaugural Reebok Spartan Race Singapore Sprint will take place on Sunday, 15 November 2015. Registration is now open via its official website [www.spartanrace.sg](http://www.spartanrace.sg). MediaCorp is the official media partner for Reebok Spartan Race Singapore Sprint 2015.

For more information on Reebok Spartan Race, as well as details on Spartan Junior Race, visit [www.spartanrace.sg](http://www.spartanrace.sg)

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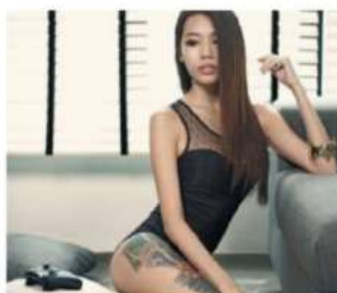
LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE.



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# EVERYTHING A MAN NEEDS. AND MORE.

## EDITOR'S LETTER...

**THIS IS IT.** The magazine you're now holding in your hands is the last issue of *Singapore FHM*. It's been one hell of a ride for everyone involved. On behalf of the team, a super-big "thank you" to all the lovely girls who have graced our pages, as well as to you, our loyal readers, for making us a part of your toilet reading habit. As the saying goes, "All good things must come to an end eventually, but the next experience awaits". Look out for our new men's brand to be launched soon (details on our *Singapore FHM* Facebook page).

**Dennis Yin**  
Editor



## #203

JAE LIEW WEARS TEDDY BEAR PRINT SCARF AND HIGH WAIST SHORTS, BOTH BY MOSCHINO. METALLIC CUFF, FROM UNDERCOVER X AMBUSH AT SALON BY SURRENDER. ART DIRECTION ALVIN LEOW & PYRON TAN. PHOTOGRAPHY AIK CHEN. STYLING RANDOPH TAN. HAIR: MELISSA YEO. MAKEUP: JIMMY YAP/KENARIS SALON.

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WICKED BROWNIE



FISH AND CHIPS  
ALSCAMPI SAUCE



### PAN FRIED FISH WITH ALSCAMPI SAUCE

The grilled dory fish is well marinated which comes with the mother of all sauces Al Scampi Sauce (according to our customers) that you can drizzle over the fish to your liking. Al scampi sauce comes with prawns, mussels, and baby clams.

VISIT 49 SEATS AT BUGIS+ #07-04. CALL 6884 4633 OR [WWW.FACEBOOK.COM/49SEATS](http://WWW.FACEBOOK.COM/49SEATS) FOR MORE INFO



# ACCESS

**IT'S  
GREAT  
TO BE  
A MAN**

# PLAY THE GAME



Filipino volleyball superstar Rachel Anne Daquis has crossed into our home turf and she's going for the win!

Words **Pong Castillo** Photography **Jake Verzosa** Styling **Badj Genato** for [badjswimwear.com](http://badjswimwear.com)





MAKEUP: AMANDA PADILLA/  
AT EAST JED ROOT.  
HAIR: RHOY CERVANTES  
FOR L'OREAL PROFESSIONNEL.

**“VOLLEYBALL  
IS MY FIRST  
LOVE. BUT IF  
GIVEN THE  
CHANCE, I  
WANT TO BE  
PART OF A  
REALITY  
SHOW.”**







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**“YOU WON’T  
SEE ME DANCE  
IN PUBLIC.  
FOR ONE, I  
DON’T PARTY.”**









# WEIRD WORLD

## 9 AMAZING THINGS GIRLS DO BUT NO MAN SHOULD ATTEMPT



# 09

### WATCH MAGIC MIKE

Yes, it's quite adorable how excited your girlfriend and all her mates get about Channing Tatum's bum cheeks, but don't ever attempt to get in on the fun yourself. You'll just spend the rest of the evening staring at your own naked body in the mirror as you weep and eat Nutella out of the jar.

# 08

### Flirt your way out of a tricky situation

The flutter of your girlfriend's eyelids can guarantee drinks after last orders and leniency from even the most Stalin-like of traffic wardens. Yet when you try to flirt your way through the barriers after "losing" your train ticket, you're carted off by the SMRT personnel quicker than you can say "restraining order". Go figure!

# 07

### Twerk

Only 50 per cent of the population can get away with grinding their bottoms to the delight of others. The other half just manage to look like they're trying to shift a bad case of worms. Guess which one you'd be?

# 06

### Cut your own hair

You'll either end up stabbing yourself in the head or looking like the

fella from *The Hills Have Eyes* if you try to give your own barnet a trim. Ladies manage such tasks without professionals, YouTube tutorials or trips to A&E.

# 05

### Send NSFW pics of yourself

As the more beautiful sex, women were always going to have a handle on the whol selfie thing. Notice how when a celeb lady's selfies leak, they always look incredible. Yet when

it's a bloke, it's normally some pot-bellied politician with his knob limply dangling like an old party balloon.

# 04

### Get naked in front of your mates

Whereas girls can happily parade around their pals in the buff ("Jess, your abs are amazing — is it the Zumba classes?"), there's no panic like the horror men experience when the towel slips in the changing rooms.

# 03

### Wear sexy undies

Girls have got the whole sexy underwear thing covered, so you can retire your "lucky" pulling pants and chuck away those novelty "May contain nuts" boxers while you're at it. Though you can keep the Homer Simpson tie: A vital weapon in any job hunter's armoury.

# 02

### Wax anything

Not only is it more painful than a million vinegar-tainted paper cuts, but just pause for a moment to think how odd you'd look without hairy legs. Yes, give your bush the odd trim, but stop short of looking like a blow-up sex doll or, even worse, a professional cyclist.

# 01

### Wear a flasher's mac

When women do the whole "wearing nothing but undies under a coat" thing, it's seen as naughty and kinky. Yet when a fella does it and takes a shortcut through the bushes in the park, the police is called. It's political correctness gone mad! **FHM**





MMA legend Tito Ortiz on challenging Bellator's reigning light heavyweight kingpin, Liam McGeary, in a mega event that has Bellator fighters and Glory kickboxers fighting in the same arena on the same night.

**What do you think of your opponent, Liam McGeary, who holds excellent fighting records?**

McGeary definitely has not fought someone like me. I've fought with the best. I'm a different animal and a different type of fighter... I watched his last fight and a smaller-sized Emanuel Newton manhandled him. I'm a lot bigger than Newton; wait till I grab a hold of him... It'll be an exciting fight because he'll be getting a beating for five five-minute rounds. Either the referee rips me off of him or he'll be knocked out.

**Any ritual before a huge fight?**

I get very emotional before a fight. As I walk out, there are always tears in my eyes. Not tears of pain or fear but

that of anxiety and emotion. Every step I take, I become more confident and, at the end, I feel invincible. Just looking at my opponent, I feel like he's trying to disrespect me by beating me and my goal is to beat him. That's when I throw up and cry. When I finally step into the cage and have no more tears, everything becomes automatic — my body goes into cruise control and fights.

**What are some things people don't know about you?**

I'm an open book. People only know the bad-boy image from my UFC days. But

I'm kind, unselfish and always giving. I do a lot of charity. I have the great opportunity to be a great athlete and I work hard for it. I also don't step on people to get ahead... But I don't want to be a role model because I don't want people to model after my life. I've made mistakes. More than anything, I want to inspire people to be better in their lives and treat others better.

**Your toughest UFC moment?**

My last fight against Stephan Bonnar. I couldn't see with my left eye but I fought anyway because he had said a lot of personal things that were very disrespectful. We are martial artists; we should respect each other and not talk about family stuff. So I had to fight him. That was the toughest thing, not pulling out of the fight because I only had one eye. But I fought anyway with heart and determination, without technique.

**How do you stay in tip-top condition at 40?**

Eat good. I eat a lot of sushi. Eat clean — no fried food, soda or ice cream. Also, work out! Prior to a fight, I work out every single day, except Sunday, for 6 to 7 hours daily. I also do a lot of fishing; it's hard work on the waters. It has got a lot to do with the mind, too. I believe in myself.

**You were once the highest-paid fighter in the UFC. Any tips on how to become a good fighter?**

Make good business decisions and always have trustworthy people around you. Never say "no" to interviews and autographs; build your fan base. Always think outside the box; be different. Work hard and never stop dreaming. This is a business, not a competition. If you're a fighter, you have to be professional. Think about what you can do 10 years from now at the beginning of your career, but don't count your chickens before they hatch. **FHM**

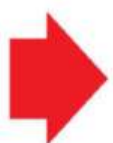
Kix (StarHub Cable TV Ch518 and Singtel TV Ch309) will broadcast Bellator "Dynamite" "live" on Sun, 20 Sep, noon; repeat on Mon, 21 Sep, 10pm.

LIAM MCGEARY:  
THE CHAMP IS HERE!



# HOW I DID IT...

Wim “the iceman” Hof, 56, extreme-cold endurance athlete and record breaker.



**I first learned I could withstand the cold when I was 17, in a frozen lake in Holland.**

That brought about real power within me, that self-control I had awakened by going into the cold. From there on, I was able to swim in freezing water and enjoy it.

**When I was a kid, sometimes my identical twin brother and I would fight almost to the death.** There would be blood, tension and fury between us, and then five minutes later, we'd be best of friends.

**Still, I once pretended to be him and began a relationship with his girlfriend.**

I was 17 and he had to go away to be a sailor. At first she thought I was him and we dated for two years. Later my brother talked to me about it. He was angry, but he soon forgave me.

**I'm 56 and I can do the splits like a ballet dancer.** I can do 100 push-ups without breathing, but I only need one square metre for that at home. You won't find me in a gym.

**I could make up any challenge.** When you've done it once, you get a sense you can do just about anything with your body.

**I have 26 world records.** They range from the longest ice bath (one hour, 13 minutes and 48 seconds) to a marathon around the Arctic Circle in a pair of shorts. Climbing Everest in shorts was easy. I found myself at 6,000 metres in a blizzard and I had to find my own way. I was alone for hours and hours, but it was probably my greatest experience.

**Mind power is like electricity.** I can channel it towards different places in my body.

**I am able to intervene in my red cell generation.** It took training and self-discipline through meditation, but now I can make my body absorb more oxygen and heal faster.

**The circulation in my left leg once stopped.** I was doing a half-marathon and

with 3km to go, it began to feel like a wooden stick. I still finished the race. A dermatologist later told me there was irreparable damage done, but within a month I'd healed myself.

**I lost my wife in 1995.** That was the worst moment of my life. She was the mother of my children, my dearly beloved. You think you're gonna spend the rest of your life together. It tears you apart. The worst moment is not one moment; it's all the years afterwards.

**I raised four children by myself.** I had to cook every day for many years. My speciality? Macaroni cheese. I'm more of a child than my kids. It's always me with the ball, saying, “Kids, will you come outside to play?” If they stay at home, I'll play against a wall.

**Growing older is becoming balder** — but wiser. Ageing doesn't bother me.

**The weirdest place my job has taken me is under the ice.** It is a really strange place. But by learning the capability to stay under, I experience a spiritual depth.

**I love a hot shower, yes sir.** If you experience a really hot shower after being in the cold, you appreciate it so much more. It makes life worth living.

**Criticism polishes the diamond of knowledge.** Cynicism and mockery has passed into my journey before. I just wash it away. I've never lied about anything I've achieved.

**Money is invented by society.** It's a psychological thing. But it doesn't matter — it's just something to compensate your feelings, and I've got my feelings right on.

**If I wasn't doing this, I'd be a gardener.** Plants, flowers and trees — I'm fascinated with nature. It's life. Everybody who visits me loves my garden. They call it a little paradise.

**I do not fear death.** But I do fear not to live. **FHM**

For more on *The Iceman*, visit [icemanwimhof.com](http://icemanwimhof.com)





THIS DOG HAS SEEN SOME  
WEIRD — AND COLD — SHIT.



WORDS: SAM ROWE PHOTO: PHILIP

# GEAR

THE DILEMMAS OF MAN

## CAN I PULL OFF '90S OLD SCHOOL?

Scared of dressing like your 12-year-old self? Crack this season's top trend in style...

### BAGGY JEANS ARE YOUR FRIENDS

When it comes to denim, it's all about bootcut fit. That's right, simply add an extra inch or two to the width of your favourite slim-fit selvedge pair.

### OLD SHIT JUST GOT 'VINTAGE'

Next time you pay your family a visit, get into the loft, rummage through your old threads and pull out your Ellesse hoodie, Kappa popper trackies and Adidas shell toes and ask why you ever put them away.

### OTT LOGOS ARE COOL

Think of those in-your-face logo belts and caps that fill the shops when you're on your summer hols abroad and just add a cool British edge. Oh, and the bigger the logo, the better.

### IT'S ALL ABOUT THE BRANDS

Many heavyweight labels of the '90s have made a triumphant comeback in 2015. The likes of Fila, Ellesse, Champion and Umbro are all there, with cool updates of their classic styles.

### EASE YOURSELF IN

If reppin' the old school from head to toe is a bit daunting, just add one retro piece to your everyday attire. Swap your skinnies for some Marky Mark-style looser-fitting legwear, your polo shirt for an Ellesse one, or your track top for a towelling Fila version.

HAT, BY STÜSSY FROM URBANINDUSTRY.CO.UK. JUMPER, BY FILA FROM SCOTTMENSWEAR.COM. POLO, BY ELLESSE FROM SCOTTMENSWEAR.COM. JEANS, BY CALVIN KLEIN FROM URBANOUTFITTERS.COM. TRAINERS, BY ADIDAS FROM FOOTASYLUM.COM



# LET'S GET READY TO RHUMBLE

**Yup, your new style heroes are PJ and Duncan, Tupac and a 19-year-old Becks. It's time to invest in 2015's version of the 1990s' most-worn items and earn some serious street cred**

A favourite of rapper Eminem, they came with a colour palette that could match everything and make any cool outfit complete.



## NIKE AIR MAX 95

Nike from [jdsports.co.uk](http://jdsports.co.uk)



The summery blue stripes combined with the black base colour make for a great all-round pair of kicks. Best worn with your denim shorts.

If anyone wore the hell out of the iconic Kangol hat, it was LL Cool J. We think he pretty much wore one for all 3,652 days of the '90s.



## KANGOL HAT

Kangol from [selfridges.com](http://selfridges.com)



They got it right the first time, so why fix it? Great for long, sunny days or festival dance tents by night.

Before Angels – and weirdness – Robbie Williams actually looked pretty cool, layering and accessorising like a king.



## CHAMPION HOODIE

Champion from [size.co.uk](http://size.co.uk)



Champion has a logoed sweat or tee in virtually every colour. So whatever shade tickles your fancy, they've got it.

Apparently, wearing your jeans lower than your boxers was acceptable – oh, and without a top and just a tiny cap to finish off your outstanding look.



## CK JEANS

Calvin Klein from [urbanoutfitters.com](http://urbanoutfitters.com)



Luckily, we don't have to bowl around in jeans with legs so wide a small man could fit inside, as Urban Outfitters has this slimmer cut.

Pre Posh, tattoos and multi-million-pound deals, a certain young, floppy-haired teen was never seen out of his Umbro England kit.



## UMBRO SWEATER

Umbro from [size.co.uk](http://size.co.uk)



Umbro has reinvented and released its pro-training range – and it's guaranteed to look top-notch with your selvedge jeans.

The late, great Alexander McQueen had a circuit of impressive friends, a book of legendary designs and a good old collection of Fila garms.



## FILA TEE

Fila from [scottsmenswear.com](http://scottsmenswear.com)



With smaller logos for 2015, Fila has jumped back on to the scene with some styles that you'll find hard not to wear for five days on the trot.

## GROOMING

## THE HOLIDAY COUNTDOWN

Put in the prep to make sure you look up to scratch on the beach.

## 2 WEEKS

Neck a load of vitamins. Vit B helps ward off mosquitoes and vitamin C prevents heat rash.

Whiten your smile with a toothpaste such as Darlie Expert White.

Start exfoliating now and by the time you're in the sun, there won't be a rough patch in sight.

Tone up outside the gym with a serum like Nip + Man.

## 1 WEEK

Seeing the barber seven days before you depart leaves time for you to get used to the new do.

Moisturise everything so the sun doesn't suck all the water from your body.

Late nights at work to make up for time off mean you get big old eye bags. Tend to your peepers with an eye roller like Bulldog's.

## ON THE DAY

Have a shave with a Wilkinson Sword Hydro 5 Groomer.

Brush, floss and mouthwash. You won't blag free miniature boozes with honking breath.

From departure lounge to landing, you'll be chugging the beers. Hit the H2O before you go.

## 2 DAYS

Whack a facemask on for supple skin.

If you're so pale Edward Cullen feels sorry for you, a subtle fake tan will give you a head start at the pool.

Get a back, sack and crack wax. Don't leave it any later or you'll be red and bumpy when it's time to strip off.



## ADVICE

# SHOULD I DROP \$340 ON SWIMMING TRUNKS?

Our blind test decides if pricey swimmers are worth splashing out on...



What are you getting when you cough up \$340 for a pair of

designer trunks? Ideally, the reassurance that they won't turn see-through after your first running bomb, and that your nuts won't drop out of a leg hole as you strut down the shore with a sexy surfer girl.

But whether you're going full beached whale next to the pool, or you're on the sand with only your swimmers and rippling muscles on show, would a beach holiday hottie really be able to tell the difference between a pair that costs less than \$40, and a pair that would make your bank manager wince?

We asked the ladies to try and tell the difference between a \$35 pair and an identical designer pair worth 10 times that amount, and to establish if taking the plunge into your wallet is worth it... **FHM**



## EXHIBIT A

Vilebrequin at [mrporter.com](http://mrporter.com)

"The material doesn't feel that thick. I'd pay around \$25."

**Belle, 28**

"I recognise the brand. \$300?"

**Shia, 26**

"They're just red. Nothing special."

**Olivia, 22**

"I really like these! I'd get them for my boyfriend if they were about \$135."

**Alicia, 32**

**33%**  
LADIES GUESSED  
THESE WERE  
MORE  
EXPENSIVE

**66%**  
LADIES GUESSED  
THESE WERE  
MORE  
EXPENSIVE.

## EXHIBIT B

From [topman.com](http://topman.com)

"I'd pay \$40. I can't see any difference between the two apart from the logo."

**Jenny, 25**

"I'd rather see these on a guy. They've got a richer colour. \$130?"

**Kate, 18**

"I'd buy these. They look and feel nicer. They'd do the job, but I think they're more expensive."

**Queenie, 19**

## HER OPINION

# HOW DOES MY LONGLINE T-SHIRT LOOK? (SHE'LL LET YOU KNOW)

From fashion models on the runway to pop stars like Kanye West and A\$AP Rocky, men have been rocking the longer-than-standard-length tee. But does this lengthy trend appeal to the opposite sex? *FHM* finds out what the ladies think.

INTERNATIONAL STAR,  
JUSTIN BIEBER



THUMBS UP

Rose, 18

"I like this trend; just about anything can look good as long as it's paired properly. If it looks proportionate on the person, it can definitely be pulled off."

UNFLATTERING

Alexis, 23

"Although it seems very popular now, it makes the upper torso look longer, which makes the wearer appear shorter. People want to appear taller, not the opposite. I don't think this trend will last."

NOT FOR EVERYONE

Novell, 21

"From a fashion student's point of view, I like it! It's a very unique trend. However, not everyone out there is able to pull this look off."

STYLISH

See Min, 20

"It depends on the person wearing it. In my opinion, it only suits lean guys. However, I still think it's very stylish and pushes the limits of men's everyday fashion."

WHY NOT

Roxanne, 23

"Fashion is always evolving, so if a guy can pull the entire trend off and look great in it, then I don't see why not?"

FOR TALL GUYS

Sheaujiun, 23

"It's trendy and stylish, but it may not work on a short guy. It's not appealing for the body and makes them look badly proportioned."

FASHIONABLE

Janelle, 20

"It looks simple but not too casual. An average-looking but loose and baggy shirt shows good fashion sense. It's a nice and fashionable new look."

CLASSIC

Weishi, 20

"The long length puts emphasis on the shoulders and, personally, I think it looks good. Keep the choice of colours and cuts simple so it looks classic and manlier."



GET IT

# BEST STYLE GEAR FOR THE MONTH

Cut down on the pub crawls and swipe your card for these fashionable wear instead...

## LET IT GO

Let it go with Rabeanco's Fall Winter 2015 collection, Frozen Frames. The round-up features leather that softens over time while retaining its natural organic look, along with increased durability and an aesthetic of futurism. Whether you're in the market for a briefcase, backpack or tote, these bags ensure a perfectly coordinated wardrobe for any season.

FROM RABEANCO STORES.



## COLOUR US HYPED

We've always liked Converse sneakers but its third collab with Hancock Vulcanised Articles takes things to the next level. The limited-edition Jack Purcells feature a vulcanised, water-repellent canvas upper with a cured rubber overlay, interlaced with bright pops of colour — showcasing a seasoned partnership that's rooted in modern design and expert craftsmanship. \$229.90, FROM SURRENDER.



COLLAR UP!

## BACK TO SCHOOL

Doesn't matter if you're a jock or a scholar, the Jack Wills Autumn 2015 line has just the thing for you. With the combination of traditional scholastic classics and sports-inspired pieces, you'll find yourself donning old favourites with a twist. The collection encapsulates timelessness, technique and the boldness of autumn at its very essence.

FROM JACK WILLS, RAFFLES CITY.



BEST FOR POSING



## REV YOUR ENGINES

Let's be honest, we all have a secret desire to be one of those rugged-looking types — the guys with full beards and motorcycles, and maybe even a pet bear. With Timberland's Fall/Winter Moto collection, you're one step closer to achieving that look. The collection combines motorcycle culture and leather with waxed, resin, oiled and graphite finishes for an effortlessly rugged look that's also surprisingly refined. Suit up for your next adventure already.

FROM TIMBERLAND STORES.

## GAME, SET, MATCH

If you're as big a tennis junkie as we are, the iconic K-Swiss Si-18 is the shoe for you. The shoe was introduced over two decades ago and it's now back with the exact craftsmanship as before, but with a fresh update. This re-release of the legendary tennis shoe sees an original colourway with the flag colours on the heel and tongue representing each of the four host countries of the Grand Slam tournaments.

\$209, FROM SELECTED WORLD OF SPORTS OUTLETS.



RUNAWAY SUCCESS

## PUMA X STAMPD


If you'd like to chalk up some street cred, the first collaboration between Puma and avant garde LA streetwear label Stampd is the place to start. Street fashion is represented brilliantly in The Stampd Athletics collection consisting of pieces iconic to Puma's heritage. Sport fabric draws a line between sports and street wear, allowing the two styles to coexist in harmony. Pull on their tees and joggers in staple colours like black, white and grey and become the king of the street. FROM LIMITED EDT AND LEFTFOOT.



ADVERTORIAL







ON HIM: STRETCH SKINNY  
JEANS, \$59.90, BY TOPMAN.  
UNDERWEAR, \$40, BY  
CALVIN KLEIN UNDERWEAR.  
TIMEPIECE, \$88, BY LEVIS.

ON HER: CORSET BRA, \$109  
AND STOCKINGS, \$29,  
BOTH BY LA SENZA.

# FIERCE FASHION

Make a glam statement without breaking the bank. Get these wallet-friendly looks for around \$100 only at Bugis Junction and Bugis+.



## ADVERTORIAL

COTTON SHIRT, \$39.90, AND JEANS,  
\$69.90, BOTH BY CELIO. SINGLET,  
\$19.90 BY TOPMAN.

ON HER: PVC JACKET, \$49.90, AND  
RIP JEANS, \$55.90, BOTH BY PULL&BEAR.





# MARCH FORTH

These military-inspired pieces offer an authoritative take on street wear.

01



02



03



04



05



06



07



08



09



10



01 OLIVE SHORT-SLEEVED SHIRT, \$53.90, BY TOPMAN.  
02 LEATHER BELT, \$69.90, BY LEVIS. 03 LEATHER  
WALLET, \$109, BY TIMBERLAND. 04 BRIXTON CAP, \$49,  
BY BRATPACK. 05 BOMBER JACKET, \$49.90,  
BY PULL&BEAR. 06 GREY PANTS, \$65.90, BY CELIO.  
07 HERSCHEL BACKPACK, \$95, BY BRATPACK.  
08 REVERSIBLE PARKA, \$49.90, BY UNIQLO.  
09 CAMOUFLAGE SHORTS, \$45.90, BY VINTAGE FB.  
10 OLIVE TRAINERS, \$79.90, BY PULL&BEAR.

**ADVERTORIAL**



ON HIM: JEANS, \$69.90, BY CELIO.  
SCARF, \$29.90, BY LEVIS.

ON HER: BACKPACK, \$49, BY ADIDAS.  
STRAPPY PANTY, \$35, BY LA SENZA.  
ZIPPER STRAP HEELS, \$69.90,  
BY CHARLES & KEITH.



# ENDLESS SUMMER

Throw on these comfy and casual essentials for some fun in the sun.

01



02



03



04



05



06



07



08



09



10



01 STAR WARS CAP, \$33.90, BY CELIO.  
02 STRIPED SLIP-ONS, \$53.90, BY TOPMAN. 03 SLIP-ONS, \$49, BY ADIDAS ORIGINALS. 04 FLORAL TANK, \$33.90, BY TOPMAN. 05 WHITE BERMUDAS WITH BELT, \$35.90, BY PULL&BEAR. 06 BEADED BRACELET, \$19.90, BY VINTAGE FB. 07 AZTEC SHORTS, \$63.90, BY TOPMAN. 08 PRINTED BLUE T-SHIRT, \$15.90, BY CELIO. 09 BEACH SHORTS, \$59.90, BY CELIO. 10 GRAPHIC T-SHIRT, \$9.90, BY UNIQLO.

## HARDWARE

# WHICH FLYING MACHINE WILL WIN THE GAME OF DRONES?

With the craze for drones taking off, *FHM* took to the park to test out the most popular models.



## SYMA X5C-1

\$91

[cheapdrone.co.uk](http://cheapdrone.co.uk)

### Lowdown

Weighing just 108g, the X5C-1 packs five minutes of flight time when videoing and can travel 50m. Essential living-room fun.

### Looks

Like it came free with a Christmas cracker. But we couldn't find a joke in the box – just a lengthy instruction manual.

### Handling

Your mum could fly this, but do you really want another dispute with your next-door neighbours?

**Overall: 2/5**

## PARROT BEBOP

\$925,

[parrot.com](http://parrot.com)

### Lowdown

A mid-range piece, the Bebop weighs in at 400g. With a built-in fish-eye camera and the ability to generate its own wi-fi hotspot, it has "Instagram king" written all over it.

### Looks

Like you could buy it in a beach shop in Skegness, along with a rude novelty keyring.

### Handling

Controlled via your smartphone or tablet, it's very touch sensitive. Without GPS to keep it steady, a gust of wind could ruin it all.

**Overall: 3/5**







### DJI PHANTOM 3 QUADCOPTER

\$2,492  
*firstperson*  
[view.co.uk](http://view.co.uk)

#### Lowdown

The iPhone of drones, the Phantom has slowly been taking over the world. Legally, you have to fly it within your line of sight but, if you're feeling rebellious, it can reach

heights of 2km, sailing high above the clouds.

#### Looks

Smooth and clean cut. A drone you could happily take home to meet your parents.

#### Handling

A fast, nippy number that requires some back and forth on the controls. A bit like taming a wild horse.

**Overall: 5/5**

### DJI INSPIRE 1

T600  
\$5,120  
*firstperson*  
[view.co.uk](http://view.co.uk)

#### Lowdown

A heavy-duty piece of machinery, the T600 is (possibly) inspired by The Terminator and is just as durable. The professional choice.

#### Looks

Like a soldier droid's head from those awful Star

Wars prequels.  
A sci-fi full house.

#### Handling

Comes with two controllers: One for the drone, one for the camera. For best results go solo and put it to the test in strong winds. Also, thanks to the automated landing gear, you'd have to try really hard to crash this.

**Overall: 4/5**



# all dolled up

TANGLIN STAR JAE LIEW  
NOT ONLY LOOKS GREAT  
ON THE OUTSIDE BUT  
OOZES GENUINENESS  
FROM WITHIN.

Words **Janine Lee** Art Direction **Alvin Leow**  
& **Pyron Tan** Photography **Aik Chen**  
Styling **Randolph Tan**

**W**e first noticed Jae Liew in her debut role in Michelle Chong's *3 Peas in a Pod*. Since then, she has taken stride after firm stride in her acting career, landing her where she is right now — a main character on Channel 5's first long-form drama, *Tanglin*. With a hectic daily schedule comprising filming, photo shoots and promo events, it's easy to lose your head in this industry. However, the affable star pleasantly surprised us with her good-natured attitude and genuine fondness for the people around her.

Liew is living proof that it isn't impossible to lead a celebrity's life, yet at the same time be humble, rooted and an excellent conversationalist. She holds great respect for her co-workers, genuine people and Taylor Swift (surprise, surprise). Having studied in Australia's Murdoch University, Liew also has a degree in Communications (which explains the "being an excellent conversationalist" part) and a slight hint of an accent that intrigued us all the more. We caught up with the actress to chat about real life, life on set, and the co-worker she finds most attractive on *Tanglin*'s cast.

**How does it feel being on one of Singapore's hit shows of the moment?**

Awesome, not many people get to be in the industry for two to three years and already be involved in long-form dramas.

**How would you describe your character on the show?**

She's basically a tomboy. Then again, there are many sides of her that haven't been seen yet, so just give her some time.



SPECIAL  
EDITION

Miss Fae

HAIR: MELISSA YEO  
USING LANEIGE.  
MAKEUP: JIMMY YAP  
/KENARIS SALON.

PRINTED JACKET, BY MOSCHINO.  
LEATHER SKIRT, BY LONGCHAMP.  
STRAPPY WEDGE, BY CHARLES&KEITH.  
SUNGLASSES, BY FENDI AND  
MINI BAG KEYCHAIN, BY H&M.

JAE LIEW



CROP TOP AND SKIRT,  
BY ALICE+OLIVIA. HIGH  
TOP SNEAKERS, FROM  
BUSCEMI BY SALON FROM  
SURRENDER. SUNGLASSES,  
BY MARC JACOBS.



**Does your character resemble your real-life personality?**

In some ways, but not so much in others. We're both straight talking, and we both say what we want. But the difference is that I think with my head, more logically, while she thinks with her heart, more emotionally.

**Who's your favourite cast member?**

Just one? This isn't easy, you know. [Laughs] I guess it'll be the Tong family as a whole. I'd love to be a part of them; they're supportive, loving and very funny.

**Who's the most attractive cast member?**

They're all attractive; it's hard to choose! But it'll have to be Nat [Ho]. He's a knockout; he's very cute. First impression would have to be his face; I mean have you seen his jawline? Nat's the complete package — he's very attractive but he has a heart of gold at the same time.

**How would you describe working on the set of *Tanglin*?**

Awesome! It is literally the best place ever. I could not have imagined a better crew to work with.

**What do you enjoy doing on your days off?**

Pigging out in front of the TV. I love eating *senbei*, it's a kind of Japanese rice cracker.

**Tell us a secret about yourself.**

I have a quirk — every time I walk on the street and someone bumps into me, I do this weird thing where I need to bump into someone else. I don't

really know how to explain it; it's like this energy flowing through me and I have to pass it on. Kind of like kinetic energy in a sense. [Laughs]

**What's your favourite kind of music?**

I listen to different types of music; English as well as Japanese and Korean music. I love Taylor Swift and Ed Sheeran. Swift is like the most awesome person ever and I have Sheeran's *Photograph* on repeat on my mobile phone.

**What's one thing you have yet to achieve in life?**

I haven't met Ed Sheeran. What is life if you haven't met Ed Sheeran? I'm kidding.

**Where can we find you on a weekend night?**

Friday nights I'll be home in bed preparing for the *Tanglin* shoot on Saturday morning. And on Saturday night I'll be recovering from the *Tanglin* shoot the morning earlier.

**"I ALSO HATE DRESSING UP, SO I REALLY DON'T MIND GOING TO THE HAWKER CENTRE FOR A DATE."**

**Have you experienced a really bad date?**

I don't think I have. When I'm on a date, I go with no expectations. There's no way to disappoint me. I also hate dressing up, so I really don't mind going to the hawker centre for a date.

**What do we have to do to impress you on a first date?**

Don't try to impress me; I don't go for that. If I'm going out with the person again, I want to know who he really is. For example, if you open the door for me on the first few dates and stop after that, I'd rather you didn't.

**What kind of shows do you enjoy watching?**

Stuff that makes me think; I love *Criminal Minds* and *Sherlock*. I drift more towards mystery and thriller shows, and I'm all right with action and comedy. I tend to stay away from chick flicks, though.

**Who do you look up to most and why?**

Taylor Swift. How do you manage billions of albums, tour all over the world, have such an amazing career and be so humble? When I met her at her concert, I felt this warmth and gratitude towards her; she's so down-to-earth and amazing with her fans. I have so much respect for her; I want to be just like her. **FHM**

*Catch Tanglin on Channel 5, weeknights, 8.30pm.*

JAE LIEW

BUTTON DOWN CROP  
JACKET AND HIGH  
WAIST SHORTS,  
BOTH BY BOUTIQUE  
MOSCHINO.







**JAE LIEW**

**“I WANT TO BE  
JUST LIKE TAYLOR SWIFT.”**

PULLOVER AND BELT, BOTH  
BY AGNÈS B. TUTU SKIRT AND  
SHOES, BOTH BY REPETTO.  
MIRROR BRACELET, FROM  
UNDERCOVER X AMBUSH AT  
SALON BY SURRENDER.





JAE LIEW



SHEER TOP AND BRALET BY  
H&M STUDIO, HIGH-WAIST  
SHORTS BY BOUTIQUE  
MOSCHINO AND ANKLE LACE  
UP SHOES BY AGNES B.

OPPOSITE: TEDDY BEAR  
PRINT SCARF AND HIGH  
WAIST SHORTS, BOTH BY  
MOSCHINO, METALLIC  
CUFF, FROM UNDERCOVER  
X AMBUSH AT SALON BY  
SURRENDER.





**“DON’T TRY TO IMPRESS ME. IF I’M GOING OUT WITH THE PERSON AGAIN, I WANT TO KNOW WHO HE REALLY IS.”**

ACCESS/S

# SAY HI TO THE BAD GUYS

Villains. They're all around us. In our schoolyards, on our tellies and under our beds. But what's it like to actually be a baddie?



# WHY BAD GUYS ARE MORE FUN

By thriller writer Peter Swanson

**W**e all have a little bit of villain inside of us. Even if the last time it reared its ugly head was when you were three and decapitated your sister's favourite doll. But even if you don't act on it (and you really shouldn't, for all sorts of moral, philosophical, and prison-avoiding reasons), that doesn't mean we can't entertain villainous thoughts from time to time. That's why writing villains is so enjoyable. You get to create a character that isn't bound by everyday inhibitions or boring-old morality. Lily Kintner, the protagonist in my novel *The Kind Worth Killing* is by far my favourite of the characters I've created. She's certainly villainous, and probably outright psychopathic, but there's also something immensely

practical about her. When Kintner decides to do something (murder someone she doesn't like, for example), she actually goes ahead and does it. She doesn't grapple with ethics. She just follows her worst impulses. No waffling. No guilt. And that's why the bad guys (and the bad girls) are so much fun to write. With heroic characters, the writer has to worry about making them virtuous but also real, noble but a little flawed. None of that matters with villains. All that matters with writing villains is letting that little doll decapitator that resides inside of you run the show for a while. And then wait and see what happens next.

*The Kind Worth Killing by Peter Swanson is out now.*

## THE MAN WHO SAVES MURDERERS

Professor David R Dow, 55, has fought for the lives of 115 condemned murderers over the past 22 years as a death-penalty lawyer in Houston, Texas. Win or lose, he gets to know every one of his clients intimately...

**Most death-penalty lawyers will tell you pure evil does not exist.** But I believe it does. I have seen it in the eyes of a handful of the 115 condemned men and women whom I have represented over the past 22 years.

**Committing a murder does not make a person evil.** I work tirelessly to understand why my clients did what they did — and in the vast majority of cases, I can find an explanation. And most express regret.

**It does not mean I forgive or excuse murder.** Most of my clients did something terrible. But most of them did so because, when they were young, their parents were appalling. The lucky ones were utterly ignored; the others were routinely raped or beaten; some were punished by being scalded with boiling water or burned with cigarettes. With those cases, I can map their path to murder.

**My job is to convince judges that my clients do not deserve to be executed for their crimes.** What keeps me up at night is when I cannot understand why they did what they did. It is impossible to argue.

**I think the concept of evil refers to a form of psychopathic anti-social behaviour from a young age.** There aren't any environmental

triggers; their brains are simply wired differently to the rest of us, making them incapable of registering human empathy.

**It is truly chilling to sit across from somebody whom you believe is evil.** I have heard people describe committing a murder or a sexual assault in the way that you or I might talk about having jaywalked or running a red light.

**I've talked to people from apparently stable homes who were beating cats to death with baseball bats at the age of seven.** And at some point they graduated on to killing human beings. I cannot explain that and it drives me mad. Grieving families of people my clients have killed do at times direct their anger at me. A mother once threw coffee over me outside the prison. That is emotionally hard — it hurts. I take it as a signal of how much pain they're in and of how much they loved the person who was killed.

**I get confronted at parties for what I do constantly.** Most people express utter incomprehension at what I do and that somehow I am representing the wrong side of justice. If you can't allow that to flow off you like water off a duck's back, then you can't be a death-penalty lawyer in Texas.

**Still, I tell myself four or five times a day that I should quit and do something else.** The emotional weight of the family members, in particular, is difficult to carry. But I'll never give up. **What drives me? The basic belief that America is behaving immorally in applying**



**different rules for rich and poor.** It takes people who don't have resources and subjects them to this dramatic final punishment. Nobody who has resources faces that.

**There is another reason why I defend death-row murderers to the end.** To me, the saddest thing in the world is when somebody dies alone. Death is the most solemn and grave thing that we face and I think, at the moment of death, we are all human beings. Nobody, no matter what they've done, should die alone.

**I believe in what I do.** And if you believe something deeply and sincerely — and you have arrived at that belief in an honest, legitimate way — you are not being true to yourself if you allow criticism to deflect you from what you consider to be the proper path to follow. This is mine.

*David's memoir about his career as a death-penalty lawyer, The Autobiography Of An Execution is out now.*

# THE WALKING EMBODIMENT OF FEAR

Over the past three decades, actor Robert Englund, 67, has played one of the most infamous villains in Hollywood history: Face-melted child-killer Freddy Krueger...

**Some actors famous for one character call it a typecast. For me, Freddy was a gift.** Not only was he a wonderful character to play, but he made me an international star who works all over the world. I cannot begrudge that as an actor.

**I'd sooner be a villain than a hero.** It's much more liberating — he isn't saddled with character exposition as heroes are, so you can be freer with how you play him. Operatic even.

**What makes Freddy Krueger a great villain?** Freddy is playing the most intimate mind game. Because he exists in your subconscious, he knows your most inner thoughts — your sexual fantasies, your fears, your diary, what you've hidden in your underwear draw. And he's in there sifting around, toying with your dreams like a cat with a half-dead sparrow.

**Like any great baddie, he loves his work.** There's something darkly poetic about the phrase "child killer" — he is killing the future.

**Freddy's sense of humour only made him darker.** He might gut some poor child, give him the kiss of death and let him cling to his body as he slowly drops to the ground.

**When dressed as Freddy, I sort of become him — without the killing.** I used to terrorise my co-star, the beautiful Heather Langenkamp, by telling her every filthy lewd joke I knew, and got away with it because I was Freddy, not Robert.

**It took four hours every morning to make me Freddy.** It began with basting my face with KY Jelly, then layers of latex.

**The older I get, the more I look like Freddy.** It is a little disconcerting, but when I first played him I was a young man made up to look older. Am I turning into Freddy?

**At a recent Q&A with fans, I made a woman run from the**



**room screaming.** I was asked to sing Freddy's song — "One, two, Freddy's coming for you" — and she just lost it.

**My biggest fear was losing my ability to scare people.** So, when doubts set in, I'd lurk in shadows behind the set until some gaffer came for a cigarette. Then I'd move into a shaft of light, and growl, "Gotcha". It never failed to make them shit their pants.

**A lot of women tell me they find Freddy darkly sexy.** For some girls, he represents both fear and titillation.

**I've lost count of the number of cleavages I've autographed.**

I've signed a lot of women with tattoos of me on their breasts, asses or way, way up high inside their thighs. They sometimes then go off and get my autograph tattooed and come back to show it to me all bruised and bloody. That's interesting.

*Englund's latest film, The Last Showing, is available on iTunes.*

## THE BOUNCER

Chris Mattison, 40, has been working in security for 15 years, starting out at Manchester City FC. He is assistant security manager at Manchester's Albert Hall and works high-profile events including the Warehouse Project.



**When I ask someone to leave, they know they've done something wrong.** Nine times out

of 10, I don't have to touch them, they'll just walk out. I'll be fair and straight with them.

**I have a laugh and joke with people, befriend them as they come in.** People don't expect banter, and that works because people remember me. Hundreds of people say "hi" to me.

**In all the time I've been working security, I've never hit anyone.** When you get abuse, you just have to deal with it. Never take it personally. You can't. If you take it personally, you're in the wrong job.

**Forty per cent of the company I work for, FGH Security, have**

**degrees.** They study in the day. The doorman image has changed.

**One new club we worked at got tough.** We had the wrong characters turning up week after week, trying to intimidate us. We stood our ground and they just gave up. It was a battle of wills.

**When I'm out, I don't much like other doormen.** I won't name places but I sometimes get proper attitude. Some stand there, and do the "stern look", and it makes me cringe. For every 10 good doormen, there is one bad one.



# WHAT GOES INTO A GOOD BAD GUY

By screenwriter Hossini Amini

## Charisma

The toughest bad guys look like an angel. Alain Delon in *Le Samourai*. Satan in *Milton's Paradise Lost* was literally an angel.

## Lethality

Whether it's a knife or lightsaber, the baddie has to use it better than anyone else. Think Edward Fox shooting the watermelon with his sniper rifle in *The Day of the Jackal*.

## Stoic

Bad guys don't need to use words. They just stare (or glare) and wait for anyone foolish enough to challenge them.

## Deceptive kindness

A gentle appearance makes a villain even more shocking: Fonda's sympathetic blue eyes before he shoots the kid dead in *Once Upon a Time in the West*.

## Cool car or horse

Great bad guys need equally menacing rides like the Dodge Charger in *Bullitt* or the Witch-king of Angmar in *Lord of the Rings*.

## Dignity

All villains have to die sometime and when they do, it's great if they go out with dignity. One of my favourite quotes is "every villain is the hero of their own story".

Hossini's latest film, *The Two Faces of January*, is out now on DVD.

# THE PROFESSIONAL NUISANCE



Legendary free climber Alain Robert, 52, has scaled the world's tallest buildings and been arrested more times than he can count...

**I have been arrested at least 100 times.** In Australia, I was banned for 10 years; China was only five.

**As a child I wanted to climb, but I was afraid of heights.**

I felt discouraged as it was what I wanted to be but I just couldn't — two or three metres and I was already afraid. But I fought hard and overcame it. I still suffer from vertigo though.

**A lot of cops like to take pictures of me.** Sometimes they ask if I can show them exercises. And then some of them are f\*\*king assholes.

**In Japan, the police started punching my face.** When I went to the building I wanted to climb, there were like 50 cops waiting for me. They cordoned the whole area and said I wasn't allowed near. I did finally climb the next day and they didn't like it.

**I'm fine with some people thinking I'm a "bad guy".** I know I'm not really a criminal. For me, it's important to have people who don't play by the rules. I think I'm a good example of freedom. Life is something that has to be funny, and kicking the ass of the authorities — it's fun. Provoking them, I kind of like it.

**Once I fell head first and, another time, I landed on my wrist.**

Both are really damaged and I'm now partially paralysed. My hand should be positioned in a different way and my bones don't allow me to rotate it. It means my strength is not as good as it should be, and then on top of that one of my nerves has been cut, so I've lost sensitivity in two fingers.

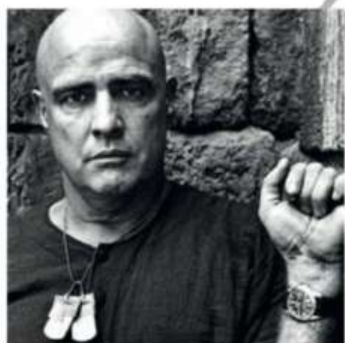
**You can arrest me, you can ban me from your country, but I'm not going to stop.** Never. Sometimes it is illegal, but this is what I enjoy. No one can stop me.

**Standing at the top of a skyscraper is unique and amazing.** Is it the best feeling in the world? It's better than sex.

# TOP 8 VILLAINS

(WHO WERE BETTER THAN THE HERO)

Pop culture junkie Catherine Brayw on the baddies who stole the show.



**Colonel Kurtz** (Marlon Brando) in *Apocalypse Now* (1979)

In the book, Kurtz is tall and thin, so when Brando showed up overweight, knowing none of his lines, you could've given the director an instant firing. Instead, he improvised, rambling 18-minute speeches including, "You're an errand boy, sent by grocery clerks, to collect a bill."



**The Joker** (Heath Ledger) in *The Dark Knight* (2008)

Do you want to see a magic trick? Absolutely not, you massive psycho. There's a reason literally every suburban sixth former's tried emulating the look of the late Heath Ledger in *The Dark Knight*, and it's the same reason they hadn't a chance in hell of pulling it off: It's a study in pure nihilistic glee.



**Anton Chigurh** (Javier Bardem) in *No Country For Old Men* (2007)

What's the most you've lost on a coin toss? If you ever come face-to-face with Anton Chigurh and his unflattering bowl cut, we're talking more than settling whose turn it is to unjam the printer. Can anyone remember the plot of *No Country*? Money?



**Cruella De Vil** (Glenn Close) in *101 Dalmatians* (1996)

Disney is pretty great at villains in general, but Cruella De Vil eclipses the lot. The demonic fur-obsessive who wants to kill, skin and wear all those adorable puppies could hardly have seemed eviler if her surname spelled out "devil". Oh. Wait.



**Malcolm Tucker** (Peter Capaldi) in *The Thick of It* (2005)

Come the f\*\*k in and meet one of the greatest villains ever to grace the corridors of power or f\*\*k the f\*\*k off. Peter Capaldi subsequently even went head to head with Alastair Campbell in a charity swear-athon. It was basically *Alien vs Predator*, if aliens and predators had a penchant for calling people massive f\*\*king faff arses.



**Stringer Bell** (Idris Elba) in *The Wire* (2002)

*The Wire* was never about straight-up heroes and villains — it was all about the shades of grey — which means that to stand out as a double-hard bastard above all others, you really had to have your double-hard bastardry nailed. He even outshone his own supposedly bigger, badder bosses. Where's Wallace, Stringer? WHERE'S WALLACE?



**Hannibal Lecter** (Anthony Hopkins) in *The Silence of the Lambs* (1991)

That Sir Anthony managed to turn one of the most frankly ludicrous mannerisms ever committed to camera — a slurping noise? — into a genuine chiller is enough to justify that Oscar. Add to that his complete upstaging of the real villain of the piece, who lest we forget, was a dude making "a woman suit" and you have one of cinema's all-time greats.



**The Operative** (Chiwetel Ejiofor) in *Serenity* (2005)

"I'm a monster. What I do is evil... but it must be done." A philosophical assassin labouring under no illusions about the fact that he's, y'know, the villain of the piece, Joss Whedon's *Serenity* provided a showcase for Chiwetel Ejiofor's considerable talents as the evil and sadistic Operative long before *12 Years a Slave* came along.



# THE FIGHTER FROM OUT OF TOWN

As a journeyman boxer, Johnny Greaves, 36, from London, was paid to travel the country to challenge upcoming fighters earmarked for the big time... and let them win. Always the away fighter and always the villain, this is his story...

**I've climbed into the ring with phlegm literally dripping off my back more times than I can remember.** I've been called every name under the sun, threatened, abused, even chased from venues. But that's the lot of a journeyman boxer: Always the away fighter; always the villain; the most hated man in the room.

**Boxing isn't a sport; it's a business.** No promoter is going to pay for your fights out of his own pocket unless he is sure you are going to get to a level to repay him.

**I understood this from an early age. I knew I was a good boxer, but I also knew I wouldn't win world titles.** So I became a journeyman — fodder for those fighters who had been earmarked for the big time. I became the best in the business.

**There weren't many opportunities for a kid like me, growing up in London's east end.** So when, aged 28, a promoter offered me \$2,500 to go four rounds against some up-and-coming kid in Middlesbrough, I jumped at the chance. "Go in there," he told me, "dance about and put on a good show... but whatever you do, DO NOT WIN." It was the easiest money ever.

**I became the guy who'd take a fight at an hour's notice, anywhere in the country.** Out of 100 fights, I lost 96. I was known as the guy who never got knocked out and always lost well. I fought nearly 20 British champions, two world champions, Commonwealth champs and fought in stadiums of 20,000 people.

**Walking into an arena full of thousands of people who wanted me hurt,** I'd often say to myself, "F\*\*k this lot. I'm going to get in there and wind them up too, the f\*\*kers."



That's where the Ali stuff came in. I'd do a little shuffle, cup my hand over my ear or do a wanker sign at the crowd. I f\*\*king loved it. The crowd not so much: C\*\*t this, slag that, death threats.

**I loved winding opponents up, too.** I'd whisper things like, "You brush your teeth this morning, mate? F\*\*k... you stink."

**I'll never forget fighting in Portsmouth in 2013.** I was paid \$850 extra to make sure the guy won. But he came out like a steam train in the first round and blew his beans.

**At one point I was literally holding him up over my shoulder,** whispering in his ear to f\*\*king stand up. The crowd were so angry when I won. They wanted to give me a good hiding.

**The money meant I could give my kids the life I never had.** But, in the end, being the panto villain began to take its toll.

I wanted to taste glory for myself. My ambition was always to reach 100 professional fights; to make my parents, wife and kids proud.

**That day came on 29 September 2013 in east London's famous York Hall,** a stone's throw from where I grew up. No amount of money would make me lose that fight. And win I did. Apart from seeing my kids born, it was the best day of my life. I was, for once, the good guy.

## Scale of bad

### THE PENGUIN

(*Batman Returns*)  
Obese, pervy-looking dwarf with a quasi-sexual penguin obsession.



BARELY BAD

### ERROL CHILDRESS

(*True Detective*)  
Chubster who pales in comparison to the villain we'd built up in our minds.



DISAPPOINTING

### BOWSER

(*Mario Bros.*)  
No discernible characteristics other than "is bad".



GENERIC

### ARNOLD ROTHSTEIN

(*Boardwalk Empire*)  
Eerie, calm, punctuated by terrifying rage.



SINISTER

### KING EDWARD I

(*Braveheart*)  
Murderous, psychotic hell-king.



TURBO BASTARD

# THE MILLWALL MAN

Bob Asprey, 61, has been chairman of Millwall FC Supporters' Association for a decade and a fan since his youth. He knows better than most what it is like to support one of English football's most hated clubs...

**Telling somebody that you're a Millwall fan generally triggers one kind of response:** "Really? But you don't look like a violent moron? Who was the last person you punched on the nose?" It's just the sort of conversation starter that tends to come about when you support one of the most hated clubs in the history of English football.

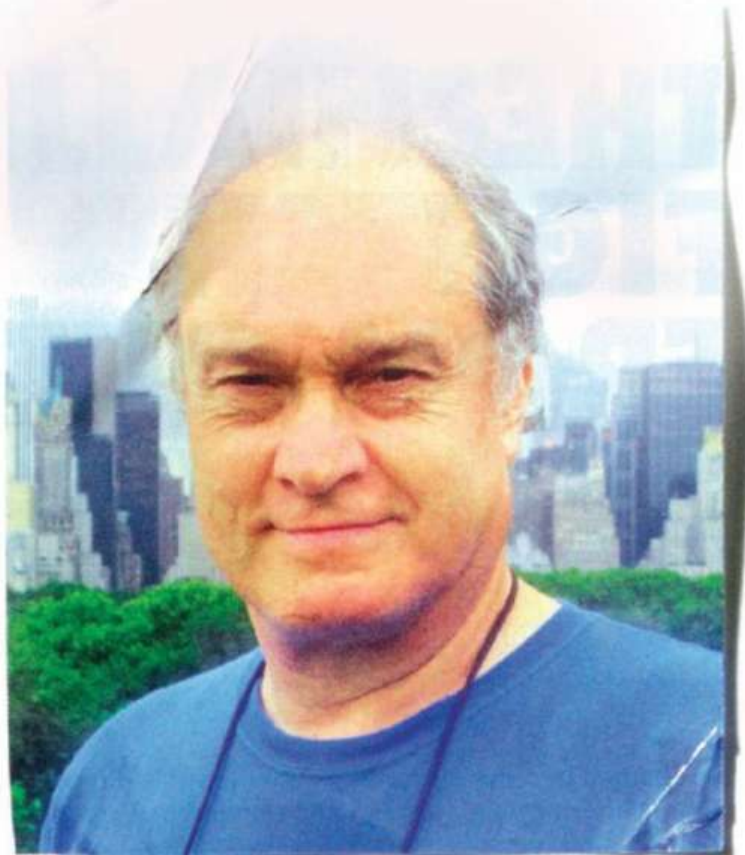
**There's no smoke without fire, of course,** as the media are eager to remind us every time they roll out the famous 1985 footage [a riot involving Millwall's Bushwacker firm, which sparked the government's decision to increase security at football grounds].

**Like every other club, we have a grim history of hooliganism.** And, of course, there are still elements of our support who get their kicks out of getting some kicks in.

**We are desperately trying to shed our "hooligan" image.** But it's hard, as the press are never going to pick up on the good things we do. It just doesn't fit with the stereotype.

**That's not to say that a lot of the fans don't relish that reputation,** of course, they do. Our trademark chant is, "No one likes us, we don't care." The New Den is the most aggressive atmosphere you'll find in league football.

**The Premier League has become too sanitised;** many clubs have alienated their passionate old-school support in search of



appeasing Sky [TV station] and making vast amounts of money. The way things are going, Millwall will be the last bastions of working-class football. It often works against us, of course. If we travel up north we'll be greeted by more police than we have supporters.

**It's easy to see how a siege mentality could develop.** Police cause agro, trip us up as we leave the station and, on occasion, I've seen them physically abuse fans as young as 15.

**While the club and fans may argue about what they ultimately want Millwall to represent,** we're still part of the same family. Many of our supporters love to play the bad guy, and an equal number hate that reputation. At the end of the day, however much we argue, we've all got to look out for each other. That's what families do.

# THE RIOT COP

Between 2004 and 2014, John Murphy, 53, worked as an inspector for the Metropolitan Police Territorial Support Group. He's been on the frontline of many public disturbances. He never felt more hated than during the 2011 London riots...

**6 August 2011 is a day burned on my memory for as long as I live.** Standing in the middle of Tottenham High Road, the first thing I saw was a police car on fire. I felt



my body tense up as I realised this was no ordinary demonstration.

**The ferocity we faced that night was like nothing I've ever seen.** We were facing 300 rioters throwing rocks and charging our lines with weapons. They were trying to kill us.

I never expected to see that level of hatred.

**I'm not ashamed to say I was frightened. I think we all were.**

Fear is one of the most basic human emotions.

**I saw a female officer suffer a seizure after a rock hit her on the head.** That was frightening for everyone as the ambulances were a long way behind us. They put her on a makeshift stretcher and got her out of there as quickly as possible. Another officer had a brick hit his riot helmet. The visor crumpled under the weight of it.

**Could I see their point of view? Of course.** Mark Duggan was killed [by a police officer]. There's going to be an outpouring of grief.

**How does it feel to be seen as the bad guy? Not good.** But if

someone's hellbent on anarchy, you won't win them over. You have to minimise casualties on both sides.

**Sometimes the red mist comes down and cops lose control.** Cops are human beings, and if someone has tried to stab you, you might react badly.

**I'll never forget seeing a frozen salmon flying over my head.** The rioters had broken into a fishmongers. It must've weighed about 9kg.

**The shopkeepers were giving us drinks.** One of my friends was trying to give them money, in the middle of a riot, and they just said, "Take them." So on one side of the shields, you had the anger and, on the other, the generosity of these people, trying to give us pop.

**My best friend's dad was a cop, and years ago he said, "John, police are a necessary evil!"** That's a very dramatic way to describe it... but it's true. **FHM**



# HOW BAD ARE YOU?

FHM  
QUIZ

Are you a mildly tittish twerp, a poison-dripping pariah or just a straight-up nice guy?

**Q1.**

How did you mark April Fools' Day this year?

**A** You put all the clocks in your house forward an hour.

**B** With some ill-judged joke on Twitter about anal sex.

**C** FFS, do people still do April Fools' pranks?

**D** Set elaborate *Home Alone*-style booby traps for your dad. Then filmed him being covered in glue and feathers. Then made a Vine out of the footage.

**Q2.**

Which of these are you most likely to do in the shower?

**A** Use someone else's pricey Original Source bodywash.

**B** Shave your wild pubes using a disposable razor that ain't yours.

**C** Sing some classic Hall & Oates, occasionally making up the lyrics.

**D** Stage your own "dirty protest" just to see what it would look like, then wash it all away.

**Q3.**

What's the worst thing that you could open on a crowded train?



**Q4.**

How do you greet your work colleagues?

**A** "Waassssaaaaap! Hey check out the banter on this YouTube video!"

**B** With a wet willy.

**C** With a nod and a mumbled, "Alright, mate."

**D** With your actual willy.

**Q5.**

Your girlfriend wants to do something Saturday. What do you suggest?

**A** Paintballing with all your mates.

**B** You want to play *Call of Duty*, so lie and say you're busy.

**C** A lovely exhibition followed by a bit of dinner.

**D** Be suspicious as to why she wants you out of the house. Insist on reading through every single text messages on phone.

**Q6.**

You see a mate waiting at a bus stop in the rain. What do you do?

**A** Beep your horn loads and shout "bus wanker" at them before stopping.

**B** Splash them with a

puddle, give a sly grin and drive on.

**C** Pull over and offer a lift.

**D** Think about how much enjoyment ploughing your car into them would bring. Laugh out loud to yourself for 10 minutes.

**Q7.**

What's in your pocket on a night out?



## Mostly As

You're not a bad person, but unfortunately you are a bit of a prat. Perhaps tone down your twattishness a tad and have a word with yourself from time to time.

## Mostly Bs

Congratulations, you are quite the shitbag. Perhaps not evil, but you're probably not the nicest person to sit next to at a wedding, and we bet you're prone to the odd bit of trolling.

## Mostly Cs

What a nice chap you must be. No skeletons in your closet, as you're just an all-round decent person. (Unless you're brilliant at hiding your dickishness).

## Mostly Ds

Goodness, you're a really nasty piece of work, aren't you? Take a long, hard look at yourself and consider becoming an estate agent or joining a death cult, you shit human.

MICHELLE LOW

SOME

Words **Aakash Rama** Art direction **Pyron Tan**

KIND OF

Photography **Hong Chee Yan** Styling **Arthur Tan**

WONDERFUL

FHM MODELS 2015 FIRST RUNNER-UP MICHELLE LOW IS  
AN EXTRAORDINARY EXAMPLE OF YOUR ORDINARY GIRL.





BRA SET, BY ADDICTION NOUVELLE  
LINGERIE FROM KATE BY PERK, KNITTED  
WEAR, BY LNA FROM ECLECTICISM.

HAIR: ESTHER JOOYEE/STUDIO@PE.  
MAKEUP: MODEL HERSELF.

MICHELLE LOW







As if being gifted with gorgeous looks isn't enough, FHM Models first runner-up and fan favourite Michelle Low also cooks, models and is a manicurist.

**A**fter living the party scene for a few years, Michelle has grown fond of a simpler and more relaxed lifestyle. However, being such a badass in the past, she still bears the marks of her rebellious phase in the form of eye-catching tattoos — a stark contrast to the calmness in her current life. Her professionalism and love for modelling shone through during our time with her in front of the camera, but it's her story that has us captivated.

**Have you been modelling long?**

I've been doing lingerie shoots since I was 15 — back in 2010.

**What do you enjoy about it?**

This is weird, but I like to take pictures of myself [Laughs]. I basically like looking at my own figure. I guess it's sort of similar to the male mentality of working out and whatnot and then looking at themselves or taking pictures of themselves.

**You mentioned being a manicurist.**

**How does that work?**

It's very similar to my modelling career in the sense that they're both

freelance gigs. I only do it when I have appointments, or when someone calls me down. It's erratic, because one week I may have lots of slots but the next week I may have none. It's unpredictable.

**What's your guilty pleasure?**

Strawberries and whipped cream, but I just like eating them, nothing else!

**What's your idea of a relaxed day?**

Basically to lie in bed all day, doing nothing. Isn't that something everyone enjoys doing though? I enjoy cooking and playing video games as well. Battlefield, Diablo, Minecraft, Killzone and GTA 5! It's great to be in bed while eating and playing games.

**What's your favourite food to cook?**

I personally enjoy spicy food a lot, but I love cooking something I call my yellow ginger chicken. It's fairly simple, but so delicious! Especially with the use of ingredients like onions, garlic, ginger and chili padi for that extra spice that I love.

**Tell us about your tattoos.**

I got my first tattoo when I was 13 — I was in the middle of this phase where for some reason I was just into blood and gore [Laughs]. I did my second tattoo when I was 15 and in this sort of rebellious phase. But the tattoo artist did a bad job so I was really upset about that. My third tattoo came along when I was 17, not much of a story there; I just kind of wanted it.

MICHELLE LOW



BRA SET, BY GOOSEBERRY  
INTIMATES FROM  
JODI VINCE @BRATIQUE.



"IT'S GREAT TO BE  
IN BED WHILE  
EATING AND PLAYING  
GAMES, FROM  
*BATTLEFIELD, DIABLO*  
AND *MINECRAFT* TO  
*KILLZONE* AND *GTA 5*."

**You started lingerie modelling at 15, was it uncomfortable being that young?**

There's actually a story here.

Basically it wasn't the greatest first experience as I almost got scammed by the photographer — he was very inappropriate and tried to hit on me! I wasn't very comfortable with the whole situation so I just left after a while. It's scary because I was young and pretty inexperienced so I didn't really know what was going on but luckily I left when I did. Things did get better after a few more shoots with different photographers though, I started to feel more comfortable in my own skin, and even started enjoying it.

**What's one thing people don't know about you?**

Back when I was in school, there was this boy who kept bullying me. One day, he was disturbing me while I was doing something for the teacher, and I basically injured him.

Not badly, but enough for him not to disturb me again. It was such a long time ago so let's not go into details okay? *[Laughs]*

**What kind of music do you listen to?**

I'm really into French singer Alizee right now. Aside from that I listen to lots of electro pop, trance, R&B, and I also love Beyonce. I also listen to dancey music, kind of like Shakira or Jennifer Lopez. I love the song *Hips Don't Lie*.

**Where would we find you on a Saturday night?**

These days I'll probably be at home eating, maybe playing games or spending time with my boyfriend.

**And in the past?**

I used to club a fair bit, so you'd probably find me in a club, maybe Zouk. I don't really club all that often these days, but if I do, I'll be around Clarke Quay. Maybe F-Club or something — all those who head down to Clarke Quay should know anyway! **FHM**

MICHELLE LOW





WHO  
SHE?

**Name:**

Michelle Low

**Age:** 20

**Likes:**

Playing games;  
spending time with  
my dog, Cash.

**Dislikes:**

Cockroaches.

**Instagram:**

@xiaomxx

BODYSUIT, BY MINK PINK  
FROM ECLECTICISM.  
BANGLE, BY LULA ROCK.

OPPOSITE: BRA SET,  
BY LA PERLA.

MICHELLE LOW

“I DON’T REALLY CLUB ALL  
THAT OFTEN THESE DAYS,  
BUT IF I DO, I’LL BE AROUND  
CLARKE QUAY. MAYBE F-CLUB.”







BRA SET,  
BY LA PERLA.



M NIGHT SHYAMALAN



# HOW TO MASTER THE SUPERNATURAL

M Night Shyamalan tells *FHM* about beating his critics, Rubik's Cubes and the scariest story he hopes he never has to tell.

Words **Matt Blake** Photography **Agata Pec**





# IF YOU DON'T KNOW THE NAME M NIGHT SHYAMALAN, CALL UPON THE SPIRIT WORLD — THE GHOSTS HAVE WHISPERED IT SINCE LONG BEFORE HE WAS BORN.

It was first heard this side of the afterlife by a village psychic in India, while reading the palm of his father, Nelliate C Shyamalan.

"He looked at his hand and said, 'Your name will be known across the Seven Seas,'" says Night. "My dad's reaction was, 'My God, I'm going to commit a crime, that's the only way.'"

The doctor didn't commit a crime. Instead, he emigrated to the US with his wife, Jayalakshmi, their infant children Veena and Manoj, and set up a clinic in Philadelphia. But he never forgot the mystic's words.

"He would look at his name on the sign above his surgery and say, 'This must be the name!'" Night goes on. "But whenever local kids sprayed graffiti over it — as they did everywhere — he'd scrub it off and say, 'This cannot be it.'" He spent the next 20 years searching for a sign. But none came.

"He's watching, waiting for his name while, all the time, his son is messing about with his Super 8 film camera," Night chuckles. The camera was the key. And, in 1999, it finally came true... with a twist.

"I remember my father getting out of the limo at my first premiere, and there, on the billboard above the red carpet, were the words, 'A film by M Night Shyamalan,'" Night says. "He turned to me with tears in his eyes and said, 'It happened... it finally happened.'"

That film was *The Sixth Sense*. It became one of the highest-grossing films of all time, received six Academy Award nominations, and left a generation of moviegoers unable to piss at night without thinking of Mischa Barton vomiting all over their bed. It instantly turned Night into a "name-on-the-poster" filmmaker. His father's name was finally known across the seven seas.

**The film's success couldn't have been a more appropriate beginning for the 29-year-old film director, who would not**

only become Hollywood's master of the supernatural, but also its king of the twist.

If you haven't seen *The Sixth Sense*, you probably know the surprise (mostly when you realise Bruce Willis once had hair). With his next three movies, Night made the "shock ending" his calling card.

He followed *The Sixth Sense*, a spine-tingling ghost story about a boy who "sees dead people", with superhero suspense-drama *Unbreakable*, alien-invasion mystery *Signs* and psychological thriller *The Village*. To date, his films have raked in more than \$2.7billion at the box office. He is one of the highest-paid writers in Hollywood and one of the most prolific directors of his generation.

"My wife would say I've lived a charmed life," he smiles. "Basically, it's always been easy, she would say." And what about Night?

"I would say I wouldn't have it any other way," he replies, rather cryptically. "I just want to be true to myself. That's not to say I haven't personally felt..." he pauses for a moment. "Moments of great darkness. Our industry's good at giving you those."

## **We're with Night in a generic London hotel room.**

His mop of black hair is framed by light from the open window behind him. The trees outside whisper something about the Hollywood Illuminati enslaving us all. Possibly. Or they just rustled in the breeze. It's so difficult to tell. Anyway, Night's started talking about Rubik's Cubes.

"All I wanted to be when I grew up was a Rubik's Cube champion," he says. "I could do it in 45 seconds, without looking at it." Trouble is, freelance Rubik's Cubing isn't the most lucrative of jobs. So he became a filmmaker instead.

Manoj Nelliate Shyamalan was born on 6 August 1970 in Mahé, India before his family relocated to an affluent suburb of Philadelphia,



Pennsylvania. At the age of nine, he stole his dad's 8mm camera from a cupboard and began spoofing the films *ET*, *James Bond* and *A Nightmare on Elm Street*. By the time he graduated from high school, he had made 45 short films and once told his guidance counsellor, "Making movies is not only my hobby, not only my primary interest, not only my extracurricular life; it is my future."

There, he also shortened Manoj to M and turned Nelliate to Night. Calling himself Night was a bit like calling a tall guy Tiny: there is nothing of the night about him. He is sunny and smiley. But at work, he plays the devil with light and dark.

"The unknown is what makes things scary," he tells us. "The why, how, what... that story is more frightening than 'blood-dripping-down-the-wall' horror. I like the unknown presence that causes fear and takes you back to a childlike state. Plus, it's much cheaper to film."

Childhood is a recurring theme in Night's films: It's the kid who sees dead people (*The Sixth Sense*), or talks to aliens (*Signs*), or bends airflows (*The Last Airbender*) or is a talking humanoid mouse (*Stuart Little*, which Night wrote but didn't direct).





"It's funny," he says. "When I write, it's always children. There is something pure about the moment a child loses their innocence. When they become aware of their surroundings, but are still uncorrupted by the complexities of adult life."

What about Night's own childhood? He has many times thanked his upbringing for his success — even now, he regularly calls his mum, a retired gynaecologist, for life advice (she only lives 20 minutes down the road from his home in Philadelphia).

"My parents are really funny, really classic immigrant Indians," he laughs. "They came to the US when it really wasn't that popular to be an Indian doctor. They taught me that when you dream with enough clarity, and work hard, things manifest."

"This will give you a sense of what they're like," he laughs. "Once I said, 'President Clinton wants me to come to dinner.' My mum was like [puts on an Indian accent], 'This is great! Maybe something good will happen!' I said, 'No, mum, that is the good thing. The President wants to have dinner!'"

He laughs heartily: "In their mind, immigrants are always trying to achieve; like, 'Maybe the

President will give you part of the east coast!"

Did he? "No," says Night. "He just said he liked my movies."

**The shaft of light behind Night's head has moved with the sun.**

Now it's cutting through the room like at the end of *Ghost* (not one of Night's films) where Demi Moore can see Patrick Swayze for the first time before he spirits into the afterlife. But unlike Swayze, we're not letting Night out of our sight; we want to know more about that darkness.

"Hollywood gives you a feeling of not knowing your own value," he says. "It does it to all of us. Take Robin Williams — I was so saddened by his passing, partly because I never told him what he meant to me. I'm sure in his skewed version of things he thought he was of no value. But the industry does that to you. It tells you your worth, whether that's zero or a billion."

This is a sensitive subject to broach with Night, for he knows as well as any director how it feels to be pounded by the press. While the box offices have banked him millions, the critics have not always been so kind. His 2010 outing, *The Last Airbender*, for example, made more than \$530 million in cinemas but was

deemed so bad that it won five Razzies — trophies given to movies judged the year's biggest stinkers.

*The Wall Street Journal* dismissed his 2008 film, *The Happening*, as a "woeful clunker." *The Telegraph* branded *The Last Airbender* as "a man-mountain of dung." *The Guardian* called *After Earth*, starring Will Smith and his son, Jaden, "a triple-whammy of abysmal acting, directing and story." That must have really haunted him.

"All [the critics] can touch is your ego, and that shouldn't be there anyway," says Night. "Crush it and then what's left is something pure; the pure artist," he ponders. "That's how you should be, on a good day — the most comfortable version of yourself."

We speculate that nobody can take that kind of beating without feeling bruised. He backtracks. "Yeah, only sometimes I feel that way," he concedes. "Other times I feel like, 'Ah, this is so unfair, this is ridiculous. They're treating *Alvin and The Chipmunks: The Squeakquel* the same way as my movies and there's no way [that's a better film]. I shouldn't let it affect me as much as it does, but I'm human. It's such a public thing."



What stops him dusting down his old Rubik's Cube? "I was on a show recently with Steven Moffat, the creator of *Sherlock*," he says. "He was asked if he made shows for the audience, and replied, 'No, I don't even know what to buy you for a present; I would totally screw it up.' He was so right — we don't know what people want, the only thing you can do is make something pleasing for you."

So screw the audience? "No. I guess the best answer for me is that if I can reflect myself as a human being in my making of movies, then I'll be happy. I have strong convictions creatively that I can't bend for anybody. On the other hand, I do care about people; it's important for me that you're okay and that we're connecting." Isn't it tiring having to constantly fight against Hollywood's cigar-wielding ringmasters with dollar signs for pupils?

"I feel sad when I see a movie from a filmmaker that I respect and I can tell they towed the line," Night tells us. "But that's what this business does: it just hurts us."

His words conjure up images of Hollywood as an evil organ grinder bent on beating his troupe of depressed movie monkeys into snapping their clapperboards in time with his tune. "The supernatural thriller was the dance I first danced with everybody," he says. "So they want that date over and over; or, at least, the system wants me to dance that dance — I don't know if the audience wants me to always do that."

Indeed, *The Sixth Sense*'s ending proved so sensational that, not only did it earn the movie those Oscar nods, but spawned countless copycat thrillers, each trying to out-do the last (with diminishing returns).

*Unbreakable*, *Signs* and *The Village* also had "gotcha" endings, earning him a reputation as the Twist King. He became so good at it that the only possible plot twist his audience wouldn't see coming was no plot twist at all. So that's exactly what he did.

"Coming off *The Village*, I had a sense of, 'Do I really want to make another movie with a twist, back to back?'" he says. "No. I'll go do something different."

So, in 2006, he made *Lady in the Water*, a modern-day fairy tale about a man who finds a water nymph in his swimming pool. It bombed, making only \$98.6 million from a \$95.8 million budget.

"It was one of my favourite experiences, and my least successful movie," he says. "But the handful of people that saw it, it [*became*] religion. It was religion to me, too."

A weaker director might have considered hanging up his clapperboard in the face of



PHOTO: TPG IMAGES/OLIX PHOTO

such a beating. Not Night. He issued a bespoke form of payback on his critics: The hack in the movie gets eaten by a monster.

"If you don't put one foot into an area that scares you, you're not doing it correctly," he says. "There's no way around that. You're an artist, you have to make yourself vulnerable. If you don't, you're not an artist."

**Still, when Hollywood's helter skelter does all get too much**, Night has the medicine: 182 chest-beating minutes of pure, bellowing Mel Gibson.

"I pop in *Braveheart*," he says. "That's my go-to 'I feel like beating somebody up' film. It's a male fantasy to have something so fierce inside you that you can take on a country. For me, [*the movie*] is the line that I strive for — like the kind of giant commercial movie that studios think of, but that has depth and is so

effortlessly itself. It just so happens to be a total cheeseburger as well."

In fact, Gibson starred in Night's movie, *Signs*. They're mates. "It was lovely when I worked with him," says Night, with a smile. So he's not like what we see in the media? "He was an incredibly sweet guy, a hard worker; we couldn't have been any closer," Night says. "He was like a big brother to me."

We decide it's best not to pull on that thread too hard. Anyway, our time together is almost up. The trees have stopped whispering and the clouds have moved over the sun, casting a spooky shadow across the room. But Night is still as bright as ever.

"My advice to anyone getting into the business is: Don't try to be me, you'll lose. Don't try to be someone else. Be yourself. Always yourself. If you can be exactly that, you have a strength that's so specific, it's incredibly powerful." That's where lies Night's core heroism — in his ability to stay true to his principles in spite of criticism. There's one question left to ask. He's made a career of giving us the heebie jeebies for the best part of 14 years, playing musical chairs with our most basic existential fears. But what frightens M Night Shyamalan?

"I just want to tell my stories, that's all," he says with a smile. "My only fear is that I won't be able to tell them to anybody, that they won't be able to hear me or that they won't get it. That's the scariest story I know."

Given how well his career is going, that would make for an unexpected twist. **FHM**

**"HOLLYWOOD GIVES YOU THE FEELING OF NOT KNOWING YOUR OWN VALUE."**



# NOW MAKE A SUSPENSE THRILLER LIKE M NIGHT SHYAMALAN

The master of spine-chilling cinema ending uses some of the greatest tropes in film. Nick de Semlyen, reviews editor at *Empire* magazine, picks six of his favourites.

## TROPE SURPRISE TWIST



**FILM:** *The Sixth Sense, Unbreakable, The Village.*

**WHY IT WORKS:** The spoiler warning may as well have been invented for M Night Shyamalan films: Many of them boast outrageous rug-pull endings that leave viewers dizzy and desperate to watch what they've just seen again.

**Fun fact:** *The Sixth Sense's* revelation was less of a surprise in China, where the film was released with the over-informative title, *He's a Ghost*.

**YOU WILL NEED:** An innocent child with a gift, Bruce Willis and dead people.

**ALSO SEEN IN:** *Fight Club, Shutter Island, The Usual Suspects.*

## TROPE TROUBLED HERO



**FILM:** *The Sixth Sense, Unbreakable, Signs, Lady in the Water.*

**WHY IT WORKS:** The stakes of a suspense movie are higher when the hero is a f\*\*k-up. Will they manage to shrug off their demons and solve the mystery? Will anyone believe them if they do? Many of Shyamalan's lead characters are loners, like security guard David Dunn (Bruce Willis) in *Unbreakable*, a man who is blighted by marital problems, unemployment and a really boring name.

**YOU WILL NEED:** An actor who can look depressed and a tragic back story.

**ALSO SEEN IN:** *Vertigo, The Woman in Black, The Girl with the Dragon Tattoo.*

## TROPE COLOUR SYMBOLISM



**FILM:** *The Sixth Sense, Unbreakable, Signs, The Village, The Happening.*

**WHY IT WORKS:** Like Stanley Kubrick before him, Shyamalan is a master at using bright colours to manipulate our emotions. In *The Village*, yellow means good; red means very, very bad. In *Unbreakable*, the hero and villain are delineated by the colours green and purple. If you look down and see the colour brown, you may have become too frightened by the film and should make your way to the nearest bathroom.

**YOU WILL NEED:** Paintbrush, paint.

**AS SEEN IN:** *The Shining, Suspiria, Sleepy Hollow.*

## TROPE CREEPY SETTING



**FILM:** *Signs, The Village, Lady in the Water, The Happening.*

**WHY IT WORKS:** Don't set your thriller in a sunny meadow. Unless it's one infested by killer bees. Or, as in Shyamalan's *The Happening*, evil wind. Taking its cue from apocalyptic classics of yesteryear, the film amps up our anxiety with images of eerily deserted city streets and farmhouses. See also: *The Village* (a fairy-tale forest full of menace) and *Lady In The Water* (a Philadelphia apartment complex in need of both a handyman and an exorcist).

**YOU WILL NEED:** Shadows, spooky music, a disturbing paucity of people.

**AS SEEN IN:** *28 Days Later.*

## TROPE Wise child



**FILM:** *The Sixth Sense, Signs, The Last Airbender, After Earth.*

**WHY IT WORKS:** In scary movies, the kids are usually the first to identify the threat. "There's a monster outside my room. Can I have a glass of water?" asks Bo, played by five-year-old future star Abigail Breslin, in crop-circles chiller *Signs*. As with Cole in *The Sixth Sense*, the grown-ups don't know whether the danger is real, or just in the kid's head. Either way, it's a sure-fire shortcut to the heebie jeebies.

**YOU WILL NEED:** A precocious child actor. Pushy mother optional.

**AS SEEN IN:** *Pan's Labyrinth, Aliens.*

## TROPE M NIGHT SHYAMALAN



**FILM:** Most of them.

**WHY IT WORKS:** M Night Shyamalan loves to show up in his own films, often casting himself as someone heroic or there to deliver a key bit of information. So there's an element of suspense in waiting to see exactly how he'll shoehorn himself into the plot. He's a doctor in *The Sixth Sense*, a neighbour whose knowledge saves the day in *Signs* and a writer with the power to change the world in *Lady in the Water*. Perks of the job, eh?

**YOU WILL NEED:** A director who might just be a frustrated actor.

**AS SEEN IN:** Any Hitchcock film.

#1

*SIGNS SHE S INTO YOU*

**THE HAIR TWIRLER**

"Girls do this automatically, and you'll see this when she is feeling nervous. Good nervous, though, not bad nervous."

"It's probably one of the first signs you'll want to see on a date, but if you get it, it means you're off to a good start."





# SIGNS SHE'S TOTALLY INTO YOU

*STARRING*

# STEPHANIE PRATT

SUPER-HOT US ACTRESS GIVES US ALL A VALUABLE LESSON IN UNDERSTANDING THE FAIRER SEX... AND HOW TO PERFECT THE ART OF A KEG STAND.

Words **Chris Sayer**

Photography **Zoe McConnell**

Styling **Michelle Kelly at Carol Hayes**



*SIGNS SHE'S INTO YOU*

**#2**

**THE 24-HOUR TEXTER**

"The first text you get from a girl is actually from about five girls. All her friends have helped put that message together."

"The fact she's messaging you shows you're worth the effort. Don't 'play it cool' by waiting to text back — that's for losers."



**I**t's no secret that when you're rich, famous, and ridiculously good-looking, it's a whole lot easier to get what you want. Before performing at the Super Bowl, Beyoncé allegedly demanded that she be built a backstage nursery for her daughter Blue Ivy, scented with rose-petal candles and kept at precisely 26 degrees. Of course, she got it. Christina Aguilera apparently requests vitamin C tablets on her rider... that are specifically in the shape of the Flintstones. And as for J-Lo, only a custom-made germ-resistant toilet seat for her \$37 million dollar bottom will do. You got it, "Jenny from the block".

Meet Stephanie Pratt: The blonde and bonkersly hot American who, by way of US reality TV show *The Hills*, now frequents the champagne bars, multi-million-dollar mansions, polo games and Range Rovers of UK's *Made In Chelsea* reality series. "I need... I need some heavy metal," she shouts on her *FHM* shoot day, before triggering the first of seven confetti cannons into a shower of silver mess. We turn up Metallica's *Master of Puppets*. The cannon erupts. She jumps into an energetic air guitar and head bangs. These are the kind of "diva" requests we're more than happy to work with.

**You brought your American poshness all the way to the UK. What are some differences between US posh girls and posh Brits?**

Girls here are way more reserved. Like, they still get totally wild, but they can keep it classy while they're doing it whereas in the States, you'll catch us falling out of clubs barefoot.

**Which side of the Atlantic handles their champagne better?**

It's you guys for sure. You all start drinking way younger over here, so I blame the fact that you've had way more practice than us.

**How does a super-posh night out go in the States?**

It always starts with a dinner: The most exclusive restaurant you can get into, of course. And then it's off to the



hottest club with a table in the VIP section and then car service — a huge SUV or sports car to whisk you back home. The goal is to never wait for anything — a drink, entry to the club, your table, anything. In LA, the amount of time you have to wait for anything pretty much determines how important you are.

**What are your hang-outs now that you're in the UK?**

There's a club that I totally love in London called The Box. Some weird stuff goes on in there...

**Really? How weird?**

Essentially the place is set up like a huge concert with the tables looking down at a stage, and during the night they'll welcome anything onto the stage, from girls dancing with fire to couples having sex in front of you while you're having a drink.

**Uh huh...**

Yeah, you know you've had a great night out when you look back on your phone and see photos of little people serving you champagne as you watch a "live" sex show...

#3

SIGNS SHE S INTO YOU

THE BIG SPENDER

"I'm pretty good at showering my boyfriend with gifts; I like to spoil a guy. If you wanted to buy me a gift, I love stuff I can wear.

"Be it jewellery, handbag or shoes, I'll put it on and I'll feel close to you. I'm cool with an old T-shirt, too. My closet is filled with my boyfriend's hoodies."

**Please tell us that all American house parties are like the ones we see in films.**

Oh man, whenever someone's parents were out of town, you knew there'd be a massive back-yard party. Everyone in Beverly Hills lives in these huge houses, so whenever the parents were gone, the first thing we'd do was find their finest tequila. It would always be hidden in the basement. After that, all that was left to do was destroy their house.

**How did you fare when it came to the infamous keg stand?**

I was pretty good! My biggest tip would be to just accept that you're going to get covered in beer. You cannot do it right without getting messy. I usually lasted as long as it took to burst out laughing.

**You got called out on *Made In Chelsea* for not knowing what netball is. We're gonna throw a few more Britishisms at you to see how well you're settling in. First up... pork scratchings.**

I have no idea what one of those is.

**Bad start. It's pig skin that tastes amazing with a pint.**

Ew! Is that for real?

**Yep. When you find one that still has a hair on it, that's a bonus.**

Stop! You actually eat those things? I'd send that back.

**Next up, a Turbo Shandy.**

Is that anything to do with champagne?

**It's kind of the opposite: A beer and Smirnoff Ice cocktail. Now, how about a Prince Albert?**

Yes! That's when you get your penis pierced. I know this!

**Bingo. Last one: A Mucky Winston.**

Is that a word for when you've had a really shitty night?

**Almost... but we made that one up. Oh my...**

**What criteria does a guy have to fill if he wants to be your boyfriend?**

A lot. All of my ex-boyfriends said that their biggest problem with me was that I'm never satisfied, and nothing they could do would keep me happy.

**What's the one thing a guy should never do?**

Never, ever make me pay for dinner. I'll pay for a guy's lunch or coffee or whatever, but when it comes to dates, a girl has probably bought a date dress especially for you that costs way more



than the dinner. You think you're gonna get lucky if you split the bill? You're so wrong.

**A few of your photos here look like they're right out of *Clueless*, which had the tagline, "Sex, Clothes, Popularity". What order do those three go in for you?**

Clothes, then popularity, then sex. Popularity because I am a people pleaser and I don't like it when people don't like me. And sex is third, because I never chase sex. I only enjoy being intimate with somebody I'm in love with.

**Hey, you've written a book!**

Yes! And you're the first to know about it. It's coming out later in the year and it's about me growing up. It's got stuff about family, getting everything I've ever wished for, my descent into drugs and rehab and arrests. Then stuff about *The Hills*, *Big Brother*, *Made In Chelsea*, my brother, guys... I've been very honest. **FHM**

#4

*SIGNS SHE'S INTO YOU*

**THE DOORSTEP CHEERLEADER**

"She is totally into you if she turns up at your front door in a sexy outfit just to please you."

"I mean, it's a ridiculous thing to do, but it means she knows what you like."



SIGNS SHE S INTO YOU

#5

**THE FAKE SPORTS FAN**

"Yes, this is a classic. We do not care about your sports team. I remember going to a Chelsea game recently and trying my hardest not to get my phone out and play on it, and to seem interested the whole time.

"It's a real strategy, and takes a lot of effort. You should appreciate it more."




BLAZER, VEST AND BIKINI BOTTOMS, ALL FROM TOP SHOP; BIKINI BOTTOMS, BLAZER BY LIZ HURLEY BEACH; JACKET, T-SHIRT AND SWEAT SHIRT, BY MALESTIC. SKIRT AND CROP TOP, BOTH FROM AMERICAN APPAREL; SOCKS, BY PRINCE.



STEPHANIE PRATT







*SIGNS SHE S INTO YOU*

**#6**

**THE MORNING SMILER**

"If she's pleased to see you in the morning after the night before, then high five yourself, and make her a tea quickly."

"One thing that a guy can do to piss me off when I've woken up? Be grumpy. I don't care about bad breath, but if you're in a bad mood, you'll put me in an even worse mood and you don't want that."

*SIGNS SHE S INTO YOU*

#7

**THE WELCOME-  
HOME CELEBRATER**

"If you've been away, I'll cook  
your favourite dinner while  
wearing my favourite lingerie to  
show you what you've missed.

"Then after dinner, well — let's  
just call it 'private time.'"









PAID TO LOSE





A photograph of a boxer in a ring, wearing black shorts and red gloves, with a large red 'X' superimposed over the word 'LOSE' in the headline. The background is dark with blue lighting.

# PAID TO LOSE

**ON A CHILLY NIGHT IN APRIL, FRANK GREAVES, 37, DROVE 240KM FOR A JOB. THAT JOB WAS TO FIGHT A YOUNGER, BIGGER BOXER FOR CASH. HE KNEW HIS CHANCES OF WINNING WERE NEXT TO NOTHING, BUT THAT DIDN'T STOP HIM. WHY? HE'S A JOURNEYMAN BOXER...**

Words: **Matt blake**  
Photography: **Greg Funnell**



# THE FIRST THING YOU NOTICE ON THE WAY UP TO THE AWAY FIGHTERS' DRESSING ROOM IS THE SMELL.

A potent blend of musty gym bags, stale sweat and Deep Heat rolls down the dim stairwell like a mist. The second thing is the sound of punches. Each blow reverberates down the stairs, drowning out the muffled cheers of 600 fight fans baying for blood inside the venue. Then a voice.

"Am I looking sharp, or are you just wanking me off?"

"Yeah," says another, in the same cockney twang. "But you've got to commit to your shots, Frank. It's a bad habit you've got. Let 'em f\*\*king go, straight down the pipe. And if it does land, he's gonna think twice about having a punch-up with you. You ain't gonna get these days back, Frank. So go out there and enjoy it."

**FRANK GREAVES IS PREPARING FOR HIS THIRD PROFESSIONAL PRIZEFIGHT AT BOURNEMOUTH'S O2 ACADEMY.** He batters younger brother Johnny's outstretched palms. But he's not warming up inside his dressing room where he should be; there's no space. Two other away fighters are in the 3m x 1.82m shoebox with their cornermen. So

he's outside on the landing. Here, a space about the size of a pool table, his footwork needs to be perfect. One wrong step could send him tumbling down the stairs.

It's not ideal conditions for a boxer ahead of a big fight. But Frank — like his brother before him — is a journeyman. And he knows the score. "This is f\*\*king Buckingham Palace compared to some of the venues Johnny's fought in," he says, catching his breath.

"Yeah," adds Johnny. "There were times when I fought literally in a cowshed behind the venue with four other fighters — the floor's tiled, you're slipping about, it's pissing with rain outside and I had to cross a muddy field in my boxing boots to get to the ring. The home fighters are warm indoors while we're out there going, 'Here bruv, can I borrow your jacket? It's f\*\*king freezing in here.'"

**THAT'S HOW IT IS FOR A JOURNEYMAN, AN ON-THE-ROAD FIGHTER, OR SIMPLY JUST "THE OPPONENT".** The job has different names, but the motto is the same: Have gloves,

will travel. They are the men who will drive across the country, often at very short notice, for a grand... and lose. They are the pawns on boxing's bloody chessboard, sacrificed to protect a king or to make way for a promising young rook. They fight the "ticket sellers" of the sport, prospects earmarked for the big time. Without men like Frank and Johnny there would be no Carl Froch, no Amir Khan and no David Haye. In boxing, like in chess, pawns can never become kings.

"Boxing is not a sport, it is a business," Johnny tells us. "No promoter is going to pay for your fights out of his own pocket unless he is sure you are going to get to a level to repay him. So unless you're a ticket seller from the off, you don't stand a chance."

Tonight's promoter is Greg Steene, of Warrior's Boxing Promotions, who has organised more than 100 shows like this. "To make boxing pay nowadays, the house fighters basically pay for the fight through selling their own tickets," he tells us.

"They pay for the opponent and put a bit of money into the house. So, most quality journeymen are the guys who don't sell tickets — they turn up and fight the home fighter and almost invariably lose. It's not fixed; sometimes they do win and that can help them. But if they keep winning then all of a sudden they're poison and nobody wants to ask them back."

In other words, losing's not so much in a journeyman's genes, it's in his interests. "If you've got a boy who's super-tough, why would you match him against a boy who's sold 100 tickets, why take that risk?" Steene adds. "It's not good business."

Nobody knows this better than Johnny who, with a record of 96 losses in 100 professional fights, is considered to be one of the greatest journeymen of all time. That's because, in this business, journeymen are figures of respect, not shame. They make boxing tick, and turn losing into an art form.

"I was the guy who'd take a fight at an hour's notice, anywhere in the country," Johnny tells us. "I was known as the guy who never got knocked out and always lost well. I fought nearly 20 British





FRANK GREAVES,  
37, JOURNEYMAN.



FRANK LIKES TO  
BIND HIS OWN  
HANDS BEFORE  
A FIGHT.



THE AWAY FIGHTERS'  
DRESSING ROOM IS SMALL  
AND FULL. FRANK HAS TO  
SHARE IT WITH TWO  
OTHER BOXERS.

champions, two world champions, Commonwealth champions and fought in stadiums of 20,000 people."

For most of those, Frank was in his corner. "There ain't many people who could do what Johnny did," Frank chips in. "He's the toughest guy I've known."

But you need more than that to live the life of a journeyman. "I've climbed into the ring with phlegm literally dripping off my back," recalls Johnny. "I've been called every name under the sun, threatened, abused, even chased from venues. But that's the lot of a journeyman boxer: Always the away fighter, always the villain. The most hated man in the room. I f\*\*king loved it."

**DOWNSTAIRS, FIGHT NIGHT IS IN FULL SWING AND THE ATMOSPHERE IS VISCERAL.**

This is not a corporate crowd on

a jolly. These are ordinary people, supporting a friend, boyfriend or son. Puce-faced men crowd about the ring hurling abuse at the away fighters, or urging the Spearmint Rhino ring girls to get their "growlers" out, while trying not to spill their pints. Girlfriends totter about on needle-heels, wincing whenever their man takes a hit. The night itself takes place under British Boxing Board of Control rules, the same rules that govern the big, multi-million-dollar fights. But there are no TV cameras, no celebrities or VIP areas, though there is a guy on the balcony filming the night's action and selling the DVDs "for a score".

This is not amateur boxing or white-collar. This is pro-boxing at the bottom rung. Boxers here dream of the pizzazz of a big show, a big fight, a belt, a TV date and a »

date and a spot next to their heroes. For many, this is where it starts. For others, it is where it can end. For Frank, it's another day at the office.

"Chill out, mate, you look a bit nervous," he chirps as he bounces about the room shadowboxing. "Me? Nah, I don't get nerves. I was born for this."

### FRANK WAS BORN ON 6 SEPTEMBER 1977 IN THE HEART OF LONDON'S EAST END.

Eighteen months later, Johnny came along. As kids they were inseparable, and took up boxing at an early age. Johnny was the feisty one, with Frank often having to help him out of scrapes. And it was Johnny who first entered the world of prizefighting, trading blows with fighters on the amateur and unlicensed scenes before going pro in 2007. For most of this, Frank was by his side, whether holding pads in the gym, managing fights, or at locations from Dudley Town Hall to London's O2 Arena.

"I wouldn't be here if it wasn't for him," says Frank. "I've been in the lion's den with Johnny more times than I can remember. It got to a point where I had to put my money where my mouth was."

So, last November, he turned pro, a year after Johnny hung up his gloves. Frank lost his first fight on points, but won his second. And tonight, he is top of the card, being paid \$3,000 to fight a 31-year-old ticket seller called Joe Hayes.

Does he think he can win? "Let's be straight," he says, binding his fists in tape. "I want to win and know I can. Do I expect to win? No. This kid's sold 200 tickets tonight so, at \$75 a ticket, he's bringing in 15 grand."

### AT 37, FRANK IS AN OLD SPORTSMAN BY ANY STANDARD.

Johnny says he fought to give his two kids a life he never had growing up. But Frank has no children, lives with wife Leanne, 32, in South Ockendon, Essex, and drives a black cab for a living. If he doesn't do it for the money, why does he choose to be punished by younger fighters in front of crowds who'd

FRANK ENTERS  
THE RING TO  
NEAR-SILENCE.



like nothing more than to see him spread-eagled on the canvas in a puddle of his own blood?

"It's the ultimate test," says Frank. "Fight or flight. I'm far from an adrenaline junkie but, f\*\*k me, what a buzz. It's like nothing else."

Then he pauses for a moment, stops wrapping his hands and looks us dead in the eye. "Listen, all that clichéd nonsense about how you can be whoever you want to be. No, you can't. I'm never going to be world champion — I'm 37 years old for f\*\*k's sake. But life is mundane. I spend most of my time vegetating in a taxi and it's boring as f\*\*k. Life is about experience and in 30 years' time I'm not going to be talking about the time I dropped an old lady at King's Cross, I'm going to be talking about tonight."

**IT'S TIME.** The other fighters have drifted home. The atmosphere turns eerily quiet. Frank's in the zone. Even Johnny, whose usual chatter makes Floyd Mayweather sound like a grunting adolescent, is silent. A muffled voice reverberates through the walls: "LADEEEEEZ AND GENTLEMEN, IT'S TIME FOR OUR MAIN EVENT!"

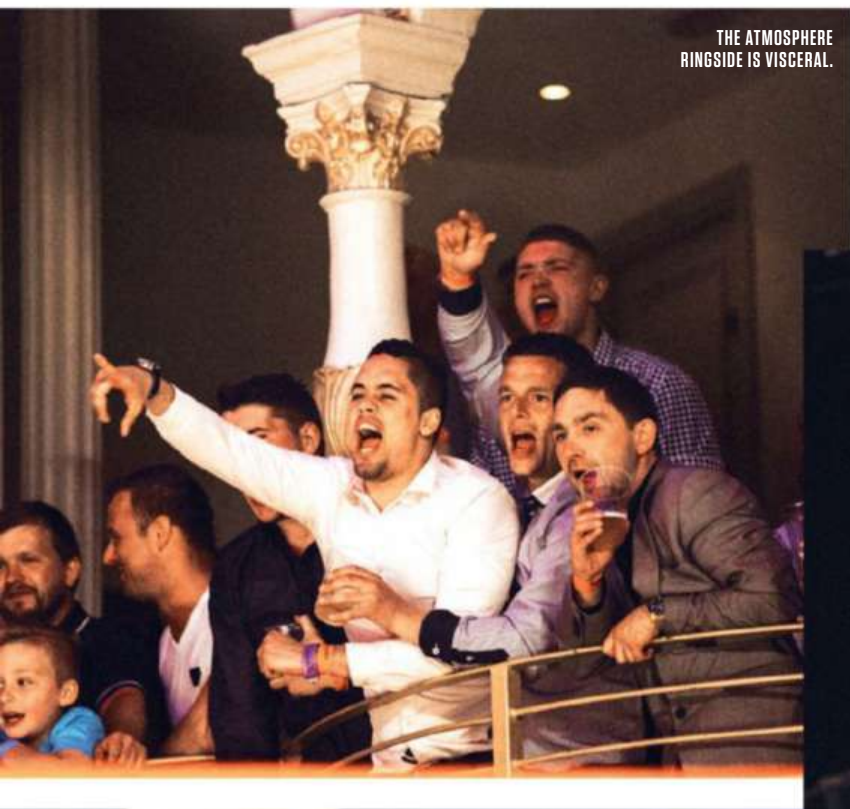
We follow the brothers down the rabbit

warren of stairwells and corridors into the wings, behind the stage, where one of the ring girls is fluffing the crowd with a heartbreaking operatic aria, still in her low-cut leotard and fishnet stockings. It's surreal.

Warbling done, and the fighters are called into the ring. Frank enters first through a cloud of dry ice to near silence, except for a few four-letter catcalls and chants of "who are ya". He gives a theatrical bow. Then comes Hayes and the audience erupts. "F the c\*\*t, Joey," and "F\*\*king kill him" are among the most discernible screams from ringside. Hayes is visibly bigger than Frank, and his muscles are more defined — not to say Frank doesn't look in good shape. After a few final words from their cornermen and instructions from the referee, the first round of six is rung out. Hayes instantly launches into a flurry of punishing blows.

"Get off the f\*\*king ropes, Frank," Johnny can be heard yelling over the crowd's deafening roar. "Work that jab, Frank. Keep moving!" Frank seems to hear him, bouncing nimbly around most of the punches and throwing a few of his own to counter. The round ends with a clear victory to Hayes. Round two is »





THE ATMOSPHERE  
RINGSIDE IS VISCERAL.

FRANK'S YOUNGER BROTHER  
(AND EX-JOURNEYMAN) JOHNNY  
LOOKS ON FROM HIS CORNER.



FRANK'S OPPONENT IS  
A LOCAL TICKET SELLER  
NAMED JOE HAYES.





IN THE BUSINESS, A JOURNEYMAN IS A FIGURE OF RESPECT, NOT SHAME.



more evenly matched. Frank throws more punches and looks lighter on his feet. At one point, he even dances away from Hayes, gives a grinning shrug of the shoulders and mouths the words, "Is that all you got, mate?"

Judging by the crowd's reaction, he might as well have pulled down his shorts and defecated in his opponent's spit bucket.

It is quite apparent Frank is way more than just cannon fodder. He is quick-footed, fast-punching and difficult to hit. He is a great boxer. Still, by the end of the third, red patches have formed around his kidneys and a dark bruise below his right eye. The fourth and fifth rounds are kinder to Frank. A fan may well have awarded him both. By the sixth, both look weary, and with the final bell, they stumble back to their corners. It doesn't take long for the referee to call them to the centre of the ring. He takes Hayes' hand and raises it. The decision is unanimous.

**BACK IN THE AWAY DRESSING ROOM, THE ATMOSPHERE IS FAR FROM SOMBRE.** It's almost as busy as when we arrived as other fighters pile in to congratulate Frank.

"That was a great fight," says one. "Well done, mate."

Frank's lost none of his sense of humour: "What? For being a fat cab driver a year ago?"

"He was, an' all," agrees Johnny, grinning from cauliflower ear to cauliflower ear. "It was a bit emotional, though, to be fair. But I couldn't be prouder. Now, it's been a stressful night. I need a lager."

He goes to look for an off licence while the postmortem continues. "It was tough, I knew I was in for a fight," says Frank. "There were a couple of times where I felt like saying, 'Will you just f\*\*k off mate, don't you know I'm 37?' But it's frustrating because in the gym environment, I'd have boxed his tits off. And I know I won at least a couple of those rounds."

Others nod in agreement. "But with the adrenaline and the crowd, it was always going to be tough mentally. That's what it's like fighting on the road."

**IT DOESN'T REALLY MATTER TO FRANK THAT HE LOST.** Yes, he says he'd like to have won, but there's something far more important at stake: Reputation. He may have lost

but he lost well. He fought with skill and heart and, above all, put on a great show. And that is a golden ticket to any promoter with a war chest of untested fighters and pound signs for pupils. "If I'd have won tonight, they would probably have cancelled my next fight," he says. "So every cloud..."

It's past midnight. The crowd's gone, a lone man is dismantling the ring, and it's a three-hour drive back to Essex. Johnny's returned and has a four-pack of Tuborg under his arm. "Who's up for a good piss-up and karaoke in the back of the car?" he says, waving his beers.

"Not tonight, John," Frank replies as we walk towards the car park. "The promoter's offered me another bout in a few weeks so I'm back in the gym tomorrow. You know I never drink before a fight." **FHM**



A POSTMORTEM  
INTO THE NIGHT'S  
RESULT BEGINS IN THE  
DRESSING ROOM.



## THE GREATEST BRITISH JOURNEMEN OF ALL TIME

Boxing expert Mark Turley, author of *Journeymen: The Other Side of the Boxing Business, A New Perspective on the Noble Art*, picks his top five...



### PETER BUCKLEY

**FROM:** BIRMINGHAM  
**LOST:** 256  
**DREW:** 12  
**FIGHTS:** 300  
**WON:** 32

Among others, he impressively fought five world champs, including Prince Naseem Hamed. None of them knocked him out. In fact, in a 19-year pro career, often fighting three or four times a month, he never even got cut.



### KRISTIAN LAIGHT

**FROM:** NUNEATON  
**LOST:** 197  
**DREW:** 7  
**FIGHTS:** 213  
**WON:** 9

Known as "Mr Reliable", he may well surpass Buckley's record before retirement. A defensive master, he has fought from featherweight all the way up to light-middleweight.



### JOHNNY GREAVES

**FROM:** EAST LONDON  
**LOST:** 96  
**DREW:** 0  
**FIGHTS:** 100  
**WON:** 4

He turned the unappreciated journeyman art into entertainment. He'd give opponents a little kiss, throw an Ali-shuffle or make faces at the crowd. Never KO'd, he stood up to some of the best around despite smoking 20 a day.



### JODY MEIKLE

**FROM:** SCUNTHORPE  
**LOST:** 52  
**DREW:** 3  
**FIGHTS:** 63  
**WON:** 8

A lovable lunatic, who has been in prison four times, Jody routinely has audiences howling with laughter. He is the only fighter in UK boxing history to have "excessive clowning" given as an official reason for points being deducted.



### DANIEL THORPE

**FROM:** SHEFFIELD  
**LOST:** 113  
**DREW:** 3  
**FIGHTS:** 139  
**WON:** 23

A gifted operator who once put world champ Ricky Burns on his arse. He even held the Central Area title at one time. He eventually took the journeyman path as a way to make a living, retiring from the scene in 2011.

TIFFINY YANG

# BEYOND

More than just a pretty face, aesthetic surgeon Dr Tiffany Yang is helping people boost their confidence one procedure at a time.

# BEAUTY

Words **Janine Lee**  
Photography **Micky Wong**







**YOU'D NEVER GUESS THAT DR TIFFINY YANG WAS ONCE THE "PLAINEST OF PLAIN JANES" BACK IN HER SCHOOL DAYS.**

"Deep down, I knew I was much more than that," she recalls. It was this belief and passion for all things beautiful that propelled Yang forward on her medical journey. Today, the medical aesthetics doctor dedicates her expertise to people who pursue beauty or just need a confidence boost. "After all," she quips, with a quote from Aristotle, "Personal beauty is greater recommendation than any letter of reference."

**What led you to medical aesthetics?**

I've always had a great interest in biology, so taking up medicine in school seemed natural to me. Later, I found I was also good with my hands and, combined with a penchant for beauty, I specialised in medical aesthetics when the opportunity arose.

**Are people usually surprised when you reveal your profession?**

Most people I meet for the first time are surprised I'm actually a qualified medical doctor, as I don't look like one of their stereotypes. There was also an incident long ago when I was working in a family practice clinic, where a patient who came in to consult with me exclaimed, "仙女下凡啊!"

**What is your concept of beauty?**

Being beautiful is simply becoming confident in yourself, doing what you can to improve yourself so you are the best you can be. Nonetheless, I advocate being beautiful in a way that is natural to you. Valeria Lukyanova, known as the human Barbie doll, is in my opinion an extreme case I do not recommend.

**As an aesthetic surgeon, how do you feel about the ideal that everyone should be comfortable in their own skin?**

I agree we ought to be comfortable in our own skin. But when that skin starts becoming uncomfortable, we also ought to take the effort to make it comfortable again.


**Besides an improved physical appearance, what other benefits do you see in patients who have undergone cosmetic surgery?**

Definitely a greater and increased confidence in themselves.

**Which is your most popular procedure?**

Our signature V face contour treatment with chin filler augmentation and Botox face slimming. This is probably driven by the rising popularity of Korean beauty ideals, which celebrate a small and defined face. Coming in a close second is our nose filler augmentation and facial laser treatment.



A woman with long, dark, wavy hair is sitting on a white sheet. She is wearing a light purple or lavender dress with a lace-trimmed V-neckline and short sleeves. She is also wearing a watch on her left wrist and a necklace with a small pendant. She is looking towards the camera with a slight smile. Her legs are crossed at the ankles, and she is wearing beige high-heeled shoes with a small decorative element on the toe. The background is a plain, light-colored wall.

**MOST PEOPLE I MEET  
FOR THE FIRST TIME  
ARE SURPRISED I'M  
A QUALIFIED  
MEDICAL DOCTOR.**



TIFFINY YANG

## I ADVOCATE BEING BEAUTIFUL IN A WAY THAT IS NATURAL TO YOU.

### **How do you maintain your looks?**

I get a bit of help from my own treatments such as laser facial rejuvenation and a touch of Botox. Being a busy professional with two little ones at home means I also hardly have time for a routine workout regime and regular meals.

### **What is the secret to your success?**

I'm a deeply devout Christian. To me, putting Jesus first is key to whatever acclaimed success I'm deemed to have.

### **What is the biggest challenge you've faced in running your own business?**

Being the sole practitioner means that my appointment schedule is often fully booked, and my clients sometimes complain that they are unable to obtain an appointment with me. The greatest challenge is to be able to accommodate all my clients' needs and requests within the limited time and resources that I have.

### **What is the most rewarding aspect of your career?**

I derive great job satisfaction when my clients become more beautiful and confident after a visit to Tiffany Yang Aesthetics.



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# PAUL HAINES

MEET THE PERFORMANCE COACH  
WHO TRAINED F1 DRIVER DANIEL RICCIARDO



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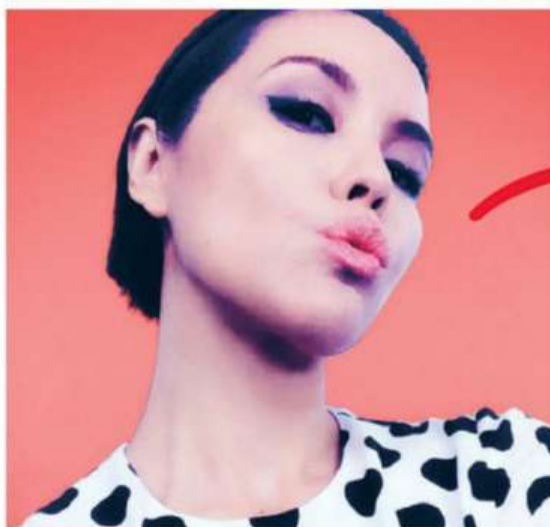
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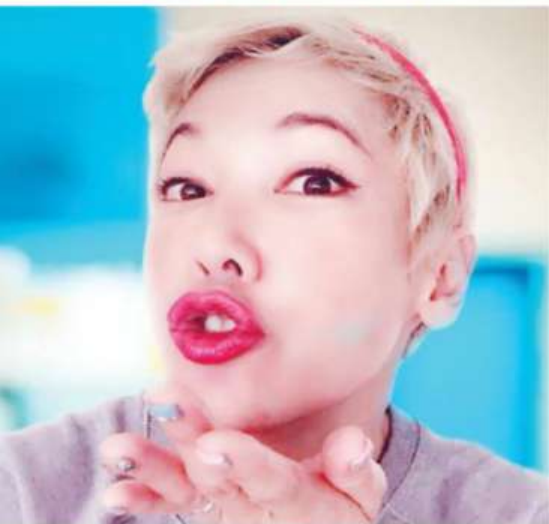
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# PULSE

TRAINING SECRETS OF A PROFESSIONAL TRAINER

## PAUL HAINES

*Get on  
track*

The ex-performance coach for Infiniti Red Bull Racing's Daniel Ricciardo on what it takes to be a fit Formula 1 (F1) driver.

TOP AND  
SHORTS,  
BOTH BY PUMA.

Words **Janine Lee** Art direction **Alvin Leow** Photography **Mark Lee** Styling **Arthur Tan**



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# FAST FACT

WHENEVER THERE IS A PROBLEM, AN F1 DRIVER WILL ALWAYS GO TO HIS PERFORMANCE COACH FOR HELP RATHER THAN THE ENGINEERS OR MECHANICS.



**F1 TRAINER**



TOP AND TIGHTS, BY  
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SPORTING HOUSE.  
WINDBREAKER AND  
TRAINERS, BY PUMA.





rom the moment he steps out of the cab, Paul Haines is ready and raring to go. Talking a mile a minute and never quite standing still, the performance coach exudes confidence, positivity and, most of all, seriously infectious energy. Having worked with elite athletes across a variety of sports including cycling, tennis, Australian football and F1, Haines knows a thing or two about achieving fitness goals. “Have a good time and be a good friend, but if you need to be disciplined and tell him that he’s not doing something correctly, you have to be able to do it”, he tells us, referencing his coaching relationship with F1 driver Daniel Ricciardo. Recently in town to film a video series featuring exercises unique to F1 drivers for the *Rev Up Singapore!* campaign, *FHM* got active with Haines, who now runs an exercise consulting business, Perform, that develops personalised programmes for athletes.

**How did you get into the fitness industry?**

I grew up playing all sorts of sports and studied sport science in university. I also love training people; I started coaching tennis before moving on to my passion, Aussie football. I was 19 when I was involved in Australian Football League (AFL) and have stayed in elite sport since.

**How did your working relationship with Daniel Ricciardo start?**

After 10 years in AFL, my wife and I decided to moved to England. I dropped my resume at different places and was fortunate that it landed in the hands of someone who knew Ricciardo. He was just starting out in Toro Rosso (end 2011). We spent a lot of time together travelling and working on his fitness. It was good fun.

**What did being Ricciardo’s performance coach entail?**

I was the person with him all the time. When we travelled, I’d work with the



F1 CAN BE QUITE A LONELY SPORT BECAUSE YOU’RE CONSTANTLY TRAVELLING. SO YOU WANT A TRAINER WHOM YOU CAN BE GOOD FRIENDS WITH.

Toro Rosso staff to make sure his flights fitted with his training schedule, and that he got to places on time. I made sure he was in peak condition during race periods; and looked after his conditioning, strength and recovery.

**Do all F1 trainers play this role?**

It’s a very personalised service. Whenever there’s a problem, a driver will always go to the performance coach for help rather than the engineers or mechanics, who are mostly only around during races. F1 can be quite a lonely sport because you’re constantly travelling. So you want someone whom you can trust and be good friends with — you need a mate.

**So it wouldn’t work if a driver and his coach didn’t get along?**

When Daniel and I met, we had to make sure we were going to get along. Having the Australian connection helped; we understood how each other ticked. His current trainer is also an Australian and they get along well.

**What role did you play on race day?**

I did a lot of recovery with him, oversaw his nutrition and made sure he ate and drank right. Before the race, I ensured he warmed up properly before getting into the car. During the race, most of the performance coaches are right at the track handling the pit board.

**What are some unique challenges drivers face when driving cars at over 240kmh?**

They’re exposed to great G-force when they accelerate, decelerate and turn at high speeds; drivers do a lot of neck strengthening work to make sure they can hold their head position. If their necks aren’t strong enough, they can’t see properly or make the right decision. They also need to have overall body strength, be lean and have minimal body weight and fat, and, at the same time, be very strong. Elite reaction and decision-making skills are imperative — comparable to fighter-jet pilots —



because they have to react instantaneously and multi-task. While driving, they're talking to the engineers and changing a setup in the car. They've got all this traffic around them and have to make sure they don't damage the car while racing. So I train them physically and mentally.

**What kind of exercises did you focus on to help with these challenges?**

I did a lot of neck work, conditioning and core strengthening; plus drills that tested concentration and reaction time, such as juggling tennis balls or using colour cards to test their peripheral vision (while they were doing something, they had to call out the colour of the card). As a result, most drivers are not only very fit but also have superb eye-hand coordination. Their travel schedule is gruelling; general health and wellbeing is two of the most important factors. If they're not healthy, it's very hard to perform.

**Do drivers have to be on a particular diet?**

We focused mainly on Ricciardo's health and body weight. Only if he was having a problem with his diet would I intervene. These guys have been racing in F1 for a long time; they know how to look after themselves.

**What's the coolest part about being involved with F1?**

It's one of the most professional sports. From the engineering of the cars to punctuality, everything has to be perfect. It doesn't matter which circuit you're at, everything has to be consistent. The pits look the same, the hospitality suites look the same, the people are the same. That impresses me. It's a very motivating sport.

**How do you motivate a client who's having a bad day?**

I see my role as a motivator; people feed off my energy. If you're positive, they'll be positive, too. Performance coaches are role models; people look to us for motivation and guidance, from personal to elite training. If I weren't fit and ate lots of junk food, I'll lose respect. I have to lead by example — do as I do and not do as I say.

**What was the most difficult thing you've had to do as a trainer?**

Doing competitive football drills with guys who were much bigger than me. I got smashed a lot.

**What is your training philosophy: More encouragement or tough love?**

A bit of both because it depends on the situation. If someone was doing something well, I'd tell them. I really like to encourage people but there's also a need to maintain some discipline as an authority figure. People look up to us as health professionals, so if someone were not doing the right thing, I'd need to tell them, "You have to do this better." **FHM**

**F1 DRIVERS ARE EXPOSED TO GREAT G-FORCE WHEN THEY ACCELERATE, DECELERATE AND TURN AT HIGH SPEEDS, SO DRIVERS DO A LOT OF NECK STRENGTHENING WORK.**



*The 2015 Formula 1 Singapore Airlines Singapore Grand Prix happens from 18 to 20 Sep. Tickets on sale now. For more details on the race, visit [www.revupsingapore.sg](http://www.revupsingapore.sg).*



Paul  
Haines

# F1 DRIVER WORKOUT



## SUPINE PULL-UP

**WHY:** F1 drivers need elite upper-body strength, shoulder strength, endurance and a strong core to control the steering wheel and hold correct body position while accelerating, decelerating and cornering at high speeds – all while maintaining a light bodyweight. This exercise results in great strength without adding extra bodyweight.

**HOW:** Keep glutes raised – all while maintaining a light bodyweight. Combine upper-body strength with a high demand on core strength to maintain a neutral back curve while performing the exercise.

**DO:** 4 sets of 10 repetitions.



## WALKING LUNGE WITH MEDBALL TWIST

**WHY:** Full body strength is essential for F1 drivers so their movements remain efficient when racing under fatigue. The stronger driver is, the more efficient his movements are without wasting excess energy when racing. This exercise requires full body coordination and works all muscles in the body to ensure correct body position is maintained during each repetition.

**HOW:** Maintain upright posture and twist torso with medball when performing each lunge walk.

**DO:** 4 sets of 20 steps.



## FITBALL SINGLE LEG PUSH-UP

**WHY:** The driver needs to control the steering wheel while exposed to G-forces often exceeding 5Gs. This exercise strengthens the upper body while putting strain on the abdominals and core – similar to forces experienced during a race.

**HOW:** Maintain neutral back curve when doing each push-up repetition. Do not arch back. Activate glutes when raising leg off fitball and alternate leg lifts for each push-up repetition.

**DO:** 4 sets of 20 repetitions.



## DUMBBELL CLEAN & PRESS

**WHY:** Full body coordination and strength is required to race an F1 car. This includes independently pushing the floor pedals with 60 to 90kg of downward force and controlling the steering wheel, all while holding correct body position when experiencing tremendous G-force. This exercise combines leg and upper-body strength while challenging core strength.

**HOW:** Maintain neutral back curve and active core muscles. Drive with legs to lift dumbbells.

**DO:** 4 sets of 10 repetitions.



## CHIN-UP

**WHY:** You will find chin-up in every F1 driver's weight-training programme because it's a brilliant upper-body exercise to strengthen upper-body muscles while maintaining light bodyweight.

**HOW:** As an added challenge for more abdominal strength, keep knees at 90 degrees when performing each repetition. Full range of movement is essential to gain maximum benefit from chin-up. Keep arms straight at the completion of each repetition.

**DO:** 4 sets of 10 repetitions.



## BARBELL TWIST

**WHY:** During a race when exposed to high G-force, F1 drivers need elite torso strength to hold their body position without being thrown around the cockpit. This exercise places load through the torso with the challenge of holding correct body position.

**HOW:** Maintain a 1/4 squat position. While activating core muscles, lower the barbell to the hip. Do not twist hips when performing each repetition.

**DO:** 4 sets of 12 repetitions.



## FITBALL WHEELBARROW

**WHY:** A strong core allows F1 drivers to race more efficiently and operate an F1 car with more control without wasting excess energy. Core strength combines all torso muscles, which assist with the ability to hold correct posture.

**HOW:** Activate abdominal muscles and ensure back remains in a neutral back curve while performing each repetition. Do not arch your back and continue to breathe through each repetition.

**DO:** 4 sets of 15 repetitions.



## DRIVING BOSU POSITION

**WHY:** This exercise combines upper body with core strength similar to when F1 drivers are racing. The challenge is to maintain the F1 driving position while on an unstable surface.

**HOW:** Keeping feet off the floor, use the weight plate as a steering wheel and aim to keep body position in the F1 racing position with minimal movement. Visualise 1 lap of a chosen F1 circuit and use the weight plate as a steering wheel to complete the lap.

**DO:** 4 sets of "1 lap" of a chosen F1 circuit.



# SPARTAN FITNESS

## *Simplified*

Here are five easy steps to get ready for the world's most exciting obstacle race, Spartan Race, heading our way this 15 November.



There is a tremendous amount of fitness information flying around the Internet. It's pretty cool, that is, if you're a fitness buff able to evaluate and compare the merits of all the competing articles vying for your attention and time. But ultimately, where does one begin at the beginning of one's journey? What's the Spartan Race newbie with limited researching time to do?

Action trumps inaction. Confusion breeds inaction. Therefore, the less confused you are about what to do, the more you can do, because you'll spend less time figuring out what to do, or worrying about what you should be doing. The more you do, the more you will achieve. Results happen on the level of actions. Get more done, more results, by doing more.

Here are five things to focus on before you start to over-think things and end up inactive, scratching your head and indecisive about how to train. Take these five principles and actively engage in them with confidence anytime you can, at any point in any day, whenever you have any available time.

# 01

## DRINK MORE WATER



The minute the animal kingdom crawled itself out of the ocean, land-based life needed to establish a means to keep water levels internally. Life is water based. You need water or you'll die. Since you can't absorb water through your skin like an amphibian, you need to drink it. This is how you hydrate.

Before you worry about what to drink, make sure you are drinking enough water. If you are thirsty, drink a glass of water. Sounds simple but most people don't really take the time, or opt for other options.

Before your morning cup of coffee, drink a glass of water. In fact, put a glass of water beside your bed at night and drink it first thing in the morning. (You might find it convenient in the middle of the night, too.)

Before you drink a glass of calorically dense and sugar-laden juice, drink a glass of water to quench some of that thirst. Before reaching for a soda, drink two glasses of water. This is a sure-fire way to reduce unwanted calorie consumption.

The goal is not to consciously try and stop drinking other kinds of beverages, but to just make sure you adequately quench your thirst with zero-calorie water, so that you are not supplementing your caloric intake simply out of thirst. Also, thirst sometimes triggers the sensation of hunger. Drink more and you might find yourself eating less.

# 02

## EAT MORE "REAL" FOOD



There are many different diets, all stressing to eat certain things over other certain things. It can get a bit complicated. Regardless of particular diet, there's an underlying component that most viable ones involve: Eat more food and less food products.

The fewer ingredients, the better. The less processing, the better. Whatever the diet (fad) that you subscribe to, try and make sure the foods you eat are as "real" as possible. Real food is produced by nature. It grows. It has a very clear name like "apple". Read the label on any food and put it back if there are any unpronounceable things inside it. If you can't figure out what it is, most likely your body will be confused, too.

This is a principle that applied to any meal, regardless of your diet philosophy. Reach for applesauce instead of apple pie. Reach for an apple, instead of applesauce. In any given situation you can practice the reduction of ingredients.

The good news is you can eat as much as you want when you are consuming raw fruits, vegetables and seeds. They are not calorically dense like processed food. Your stomach will almost always fill up before you've overdone your caloric allotment for the day, especially if you are training hard.



# 03

## DO BURPEES



The human body, with the addition of gravity, supplies most of the requisite gear for getting stronger. The burpee is the optimal dance between your body and gravity that will maximise your fitness gains for your entire body. No equipment needed. Hell, do burpees in your underwear first thing in the morning and you can have your daily workout taken care of before you brush your teeth.

Simply do a bunch and feel the ache all over your body as you start to suck wind. Cardio plus strength equals your fitness foundation for Spartan Race.

# 04

## STRETCHING



There are legions of tremendously "fit" athletes who are as inflexible as iron rods. This is actually a terrible weakness in one's fitness. You are as strong as your weakest link. And if you are inflexible, you'll most likely break when you should be able to bend. This is a serious chink in your armour, as one injury can end a season.

Stretch numerous times during the day. Take a break from playing desk jockey every hour for 5 minutes of stretching. You don't need to perform extreme yoga poses. Just touch your toes. Reach up and touch the ceiling. Squat down with your heels flat on the ground. Stretch what feels tight; don't overthink it.

By scheduling yoga practice into your week, you're guaranteed to integrate stretching into your practice. Yoga is a great way to recover from your more intense training, too.

# 05

## RUN, RUN, RUN



Running is the most efficient way to condition your body for the demands of obstacle racing. No matter how ripped you are, you'll need to complete the entire distance of the course on your feet. If you want to be competitive, you need to practice doing this fast.

Running can be done pretty much anywhere. Road, trail, beach. Just get out the door and go. Somehow, in recent times, we found ourselves having to spend 20 minutes putting on and calibrating our running gear. There is a great deal of semi-cyborgs trail running, replete with different wearable technology strapped to their bodies. This is cool, but don't let it stand in your way of quickly running out the door for a 15- to 20-minute run. Heading out for a run should be a zero-stress experience.

And don't overthink running. If you are on your feet and moving forward, you are doing better than most. You are surely doing better than if you are on your couch. If you have 20 minutes, grab a pair of basic running shoes and go for an easy jog. Once you are spending over 2 to 4 hours a week pounding pavement, then start your in-depth running research to better your experience through shoes and other gear. **FHM**

**BEFORE REACHING FOR A SODA,  
DRINK TWO GLASSES OF WATER.  
THIS IS A SURE-FIRE WAY TO REDUCE  
UNWANTED CALORIE CONSUMPTION.**

# FROM COUCH TO RUNNER

How a pudgy fast-food junkie turned his life around after he took part in obstacle racing.



**B**y his own admission, Joshua Herrera used to like a burger or three. He could tell you precisely how much each burger costs at various restaurants and could even tell you which brand they were with his eyes closed. He wanted a life of ease and this was precisely what he was getting. Fast food suited his means and the convenience that it brought to his life meant that while he was saving time, he was forsaking something much more important.

Training and running was something for other people. People on TV, those types you see on early mornings, or maybe those on the big screen who were trying to escape the glare of machete-wielding, hockey-mask-wearing killers. Sports were okay, but more fun from the sidelines or the couch. Video games and cell phones made things easy and meant there was no fighting with the world, when all along a fight was exactly what he was looking for, he just didn't know it yet. A moment of clarity hit him eventually and it felt like a jolt of electricity.

"Actually, I can remember that day very clearly", he smiles, "my uncle saw an advert for a mud run and we were talking about losing weight. He said, 'Let's do it' and I told him that he was crazy. I don't run. He said, 'Oh well, we'll walk it then. It'll be fun.'" Under protest, Herrera reluctantly agreed to sign up. Sadly, a little later, Herrera lost his uncle when he took his own life. Dealing with the grief that hit him, he chose not to attend the event.

"So then a year later, I saw a picture on Facebook for Spartan Race. I looked at it and felt that I could complete in it. I knew it was going to be challenging but fun, too, so I decided to sign up." Not long after that, he found himself in Malibu having just completed something he previously never would have thought possible.

He ran some, walked some and sometimes even found himself crawling up hill on all fours. Herrera finished his first Spartan Race tired and battle scarred, but energised.

"After the race, I felt like I could conquer anything. I surprised myself by sticking with it and even making



alterations in my personal life. Since then, I've changed my eating habits by not going to fast-food restaurants all the time. For example, yesterday instead of going out to dinner with someone, we made taco salad. Now, I know that's not a big thing, but I used to never eat lettuce — or any vegetables. Last night, I ate a whole taco salad with lettuce, no salsa and, to top it off, it wasn't even ground beef; it was ground chicken."

Herrera continued with his journey, embracing his new passion — running and obstacle races. Training was something he occasionally found hard but quitting was never on the agenda. Well into 2013, he was mixing jogging on sidewalks with trail running and was becoming proficient at both. Running around his hometown of Waukegan, Illinois, Herrera notes the stark difference different surfaces offer.

"The differences I have hit between running trails and running a 10km or half marathon on a road, is that the terrain is a little different. Not much different because the city of Chicago is horrid and full of potholes but a little different. The biggest difference that I notice is the rocks that you run on move a lot more when you're running on trail than on street. The 5km, 10km or half marathon on the road is more potholes, up and down steps, so I wear different shoes. I run with trail shoes when I do mud runs or trail running, but if I'm doing road races, I just wear basic gym shoes. I alter my training depending on the type of run I'm getting ready to do."

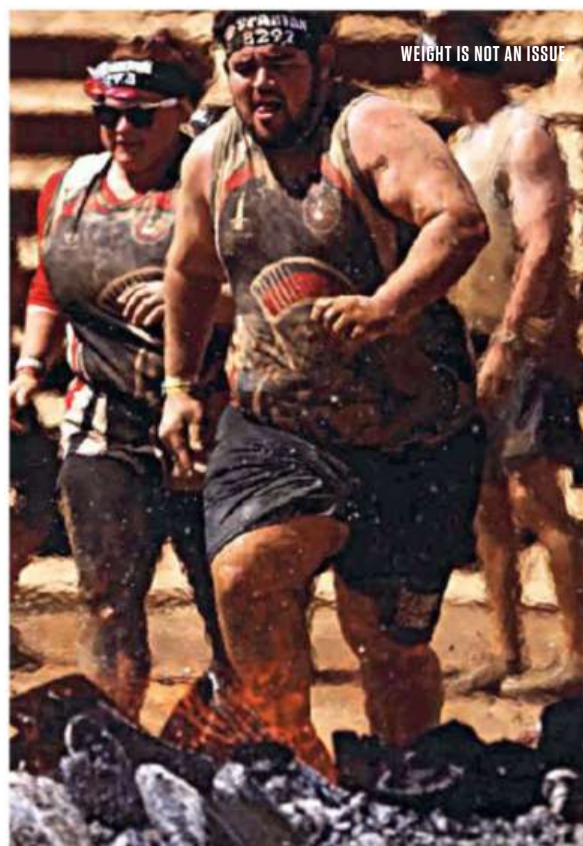
More and more races came and went in a flurry of finisher's medals with souvenir shirts with Herrera finding he was getting faster and stronger with each race. More notably, his weight was falling and his health was improving. As a welcome side effect, he was meeting more people and his outgoing personality meant he was making more friends. Looking back fondly, he smiles at some of the memories he has of them.

Now, three years later, after consistently lacing up his shoes and running, Herrera feels his life has turned around. He's lost weight, his breathing is easier, his diet is healthier and he feels like he's got a second shot at life. The transformation has been remarkable and he admits it's shocked even him.

"What running means to me now is getting in shape having fun and being with your friends and family. The Josh from two or three years ago would think I was crazy and insane. If I could meet the Josh of 10 years ago, I'd tell him to start this sooner, work harder at football in high school, whatever the case may be. Work on it and your life will change for the better."

"My advice to newbies when they look at a 5k and say, 'that's insane,' I tell them to just walk it. You don't have to run it, you don't have to compete for time, just walk it. To convince them to, I tell them my story about how I was going on 135kg and I did a Spartan Race without any training."

Today, he sees the old Herrera in the eyes of first timers everywhere and whether he is running with friends or whether it's with a team, he's always the first to offer a hand. He runs with them to show them that the fear they



**"AFTER THE RACE, I FELT LIKE I COULD CONQUER ANYTHING. I SURPRISED MYSELF BY STICKING WITH IT AND EVEN MAKING ALTERATIONS IN MY PERSONAL LIFE."**

feel isn't something to cower from, but rather something to embrace.

As his transformation continues, he quickly points out that his rebirth isn't complete. Grander plans are in mind and Herrera has set some pretty impressive goals for himself. With a steely and focused look in his eye, he calmly points out, "My ultimate aim is to get down to about 79kg, but still bulky and muscular... I want to eventually podium at least one race. I also plan on volunteering for the Death Race (Spartan Race's most extreme endurance event that could last up to 72 hours) and, in two years, to actually do the Death Race." **FHM**

# SOLE MEN

It's never a walk in the park, especially for hardcore runners Andy Neo and Winston Ng.

Seasoned marathoners, Andy Neo and Winston Ng represented the Republic at the recent Asics "Beat The Sun" race. As members of third-placed Team Asia-Pacific, they covered different parts of the gruelling 150km relay race through the Mont Blanc mountain. But it was nothing they couldn't handle. After all, Neo finished sixth among Singaporeans in the last StandChart Marathon; while Ng, who clocked a personal best (3 hours 35 minutes) in the 2014 Gold Coast Airport Marathon, managed to use running as a form of rehabilitation after a car accident...

## ANDY NEO, 36, ASSISTANT MARKETING MANAGER

### Why run?

The adrenaline rush from a tough training session makes me feel "high". A casual run also helps to detox the body physically, spiritually and mentality.

### Run advice

Running is an impact sport, therefore it's advisable to mix things up with different terrain surfaces and shoes. The different elements help to distribute physical stress so as to avoid chronic and repetitive injury.

### Mix things up

Mix your running routine with cross-training exercises like aqua running. Jogging in water has minimal impact to the joints and will help in developing neuromuscular strength and cardiovascular fitness.

### Slow but steady

Most running injuries are usually due to attempting "too much, too soon". It is important to learn to



TRAIN TO RUN BUT NOT  
RUN TO TRAIN.



increase your training load gradually. And always end off with a week of recovery.

### Recent race dilemma

The high altitude was an obstacle. Transiting from sea level to 2,000m on race day without much acclimatisation was a big challenge, especially when I had to race hard against my seasoned competitors. Days before the race, I took a cable car ride to the peak of Mont Blanc and was literally breathless just from walking up the stairs at that height.

### Racing memories

At the peak of Arnuva, Italy, the view was really therapeutic. There were mountains, waterfalls and alpine under my feet, and it was a sight to behold. Words don't do it justice; you should check out my Facebook album.

### Cheat food

*Mi jian kueh* (peanut pancakes) from Tampines Street 11 market.

### Running machismo

Wearing split shorts makes me feel free and almost stronger. When I'm not restricted, I can move faster.



## WINSTON NG 42, EX-SAF COMMANDO, FULL-TIME STAY-AT-HOME DAD

### Why run?

Running makes me happy; it makes me feel free and helps me to wind down at the end of the day.

### Comeback kid

I had a car accident in 2002 that required operation on my right knee. For the following three years, I couldn't bend my right knee much. It was only in 2006 when my wife was expecting our baby girl that I decided to do something about my sedative lifestyle. I started out on a daily 15- to 20-minute walk, gradually increasing it to an hour within the month. As my right knee started to show improvements, I decided to incorporate some sprint training into my regimen... I'd never forget the night in my third week of running — I went out for a planned 10km run but ended doing 21km instead.

### Run advice

Leave your music at home; it is safer and your senses will engage better with the surroundings.

### Recent race dilemma

The Asics "Beat The Sun" is not just a 16-hour race, it also spans three countries — France, Italy and Switzerland. The hours were really long and we had very short recovery time between each leg of the race. I was also not used to the high altitude and low temperature; a stark difference from our Singapore weather.

### You never run alone

I had a few close encounters with the highly venomous blue coral snakes while out in the trail.

### Racing memories

Before race day, all runners were presented with a cowbell. We were told that if we hear the sound of the bells, it meant that the end point is near. I was running my last leg when I heard the sound of the bells. Feeling motivated, I picked up my pace and kept running towards the source. I thought that the finish was around the corner, only to be greeted by two grazing cows with, of course, cow bells! **FHM**

# POWER PACKED

Kinohimitsu CEO Chong Kawee introduces the Maca Men — an energy-boosting drink just for the guys.



## What is the Maca Men drink?

It's a refreshing, caffeine-free energy booster with a high concentration of

men's health supplements in a bottle — the daily power shot for men.

## Who would you recommend it to?

All men! To have sustainable energy, look good, think sharp and stay strong is every man's desire. No matter who you are or what lifestyle you lead, it helps you to do more, achieve more, and enjoy life more.

## How is Maca Men different from other energy drinks?

It's formulated with Maca extract from Peru to improve strength and endurance, clam extract for boosting energy, and turmeric to improve blood flow and circulation. These key ingredients make it different from other energy drinks in the market.

## Aside from boosting energy, what does the drink help improve?

It protects the liver, and helps improve sexual health and immune system.

## What have you noticed in your overall well being since you started taking Maca Men?

I feel more energetic and alert, have better stamina and less sore muscles. I'm able to do more and achieve more in life as a businessman, father and husband. It has become my daily energy booster.

## Is it safe to drink it every day?

Yes. It's free from caffeine, hormones and chemicals; and doesn't cause any dependency.

## Does diet play a part in keeping a person's energy levels high?

Definitely, we are what we eat. Take quality whole

foods and a variety of fruits and vegetables; avoid refined carbohydrates and deep-fried foods; and drink plenty of water.

## Is consuming Maca Men effective without regular exercise?

Maca Men helps you to do better and prolongs your endurance during exercise. Studies suggest people who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. Regular exercise helps to build muscle, increase insulin sensitivity, improve blood circulation and enhance cardiovascular health. Without regular physical activity, the body slowly loses its strength, stamina and ability to function well.

## Can the effects of Maca Men be replicated with a good night's sleep?

Quality sleep is important for your body to repair, recover and recharge, and Maca Men helps to enhance these processes. I also take Collagen Diamond Nite to improve the quality of my sleep.

## What do you like about the drink?

It's tasty, convenient and effective.

## Aside from supplements, what are your top three tips for men to stay energetic and at the top of their game?

Focus on body, mind and spirit. Body: Eat well and exercise regularly. Mind: Stay positive and always keep your mind active. Spirit: Believe in good, strive hard and learn from people who are successful in their field. **FHM**

*Kinohimitsu Maca Men Drink is available at leading pharmacies, supermarkets and department stores. \$86.90 for 20 bottles.*

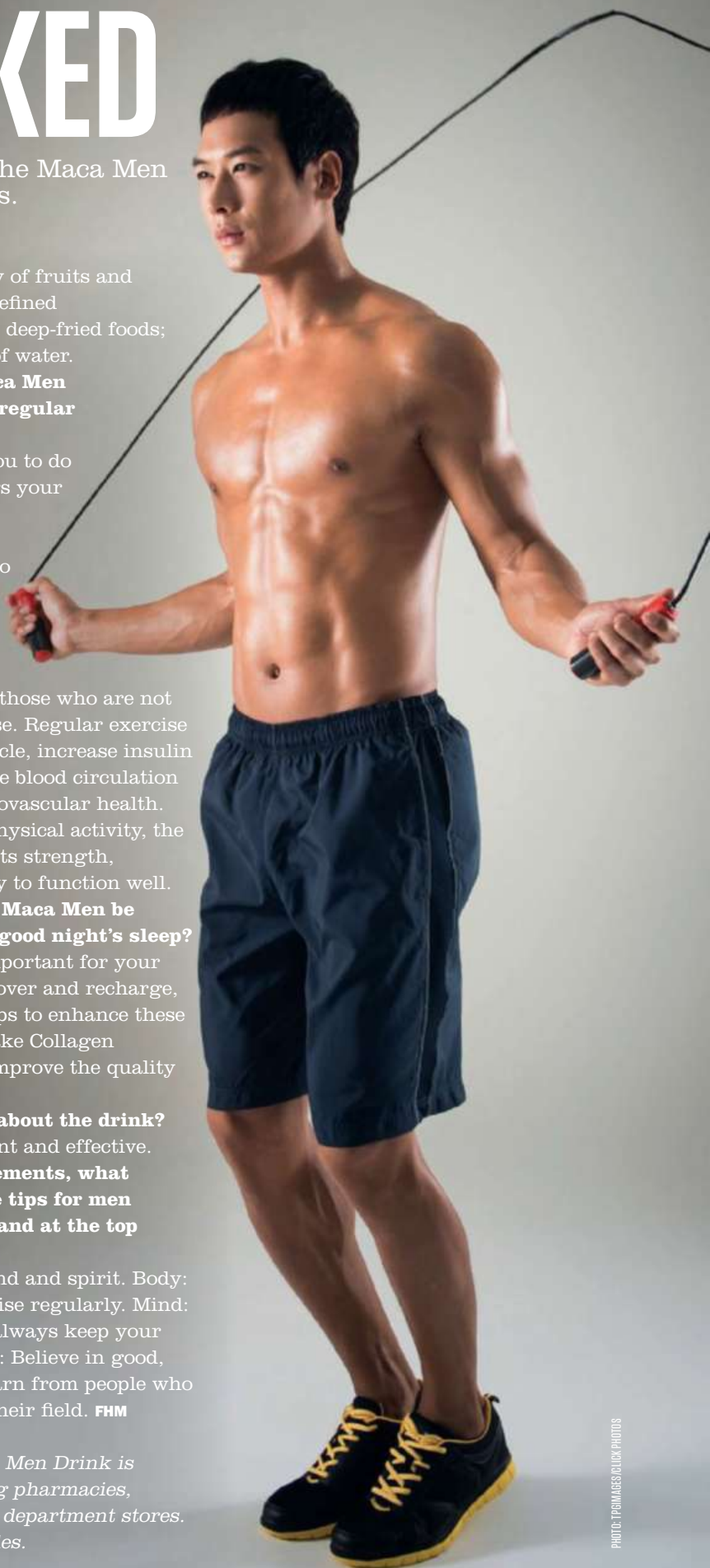


PHOTO: TPRIMAGES/CLIPPHOTOS





# ELITE 2015 ROUND 2

Bringing out the strongest in athletes.

The second stage of the inaugural multi-round competition Elite 2015 ([www.elitesgfittest.com](http://www.elitesgfittest.com)), presented by Elite Pro Nutrition, was a test of strength limits. Held at Bugis Junction on 19 July, the aptly named "Power" round saw a 2,500-strong crowd cheering the athletes on, as they went through three tests – Squat Challenge, Deadlift Max Ladder and Strict Press.

Contestant Dylan Goddard emerged the strongest of the day, winning all three segments in the Men's Open. The 28-year-old trainer squatted a total of 6,160kg (112 reps of 55kg) in five minutes for the Squat Challenge; pulled a personal best deadlift of 250kg in the Deadlift Max Ladder; and pressed 2,280kg in the Strict Press.

"Elite's 'Power' round was well thought through and executed by the organisers. The tests took a lot more strategy than I think most

athletes had anticipated. At the end of the day, competition experience played a bigger role in the overall placings," said Goddard.

He added, "What was most important was that everyone did well and we were able to display fitness to the public. So far, the entire series has been a lot more challenging than I previously thought it'd be. I'm really looking forward to the Grand Finals in October."

Coming in a close second was Farreez Rosman, 25, who went head to head with Goddard in a nail-biting deadlift showdown. Rosman, however, topped the Men's Open leaderboard after both qualifying rounds. He'll be joined by nine other men in the Grand Finals. On the women's end, Sarah Lin won two of three events to win the "Power" round, but it was Chew Feng Yi who topped the overall leaderboard of the Women's Open after both rounds.

The Elite Olympic Weightlifting Meet was held later in the day, with athletes testing their maximum in the Snatch and Clean & Jerk. Despite maxing out earlier in the "Power" round, those who competed fought aching muscles and fatigue to put up an outstanding performance for the evening audience. This Olympic weightlifting meet is separate from Elite and no points are counted towards the series.

John Cheah, overall second in the Men's Open after two rounds, clocked a new personal best with 106kg and 132kg in both Snatch and Clean & Jerk respectively.

Coming in second for the over-180kg category was Ng Choon Yeow.

"I was pretty tired after the "Power" round, and my legs and shoulders were pretty messed up. I wasn't really eating much all day, just supplements and the odd yakitori stick. But when we started warming up, I got into the groove pretty quick, even at weights that were supposed to be challenging," Cheah shared.

"The crowd definitely helped because it's quite a vulnerable feeling to lift in front of an audience. Having about 100 people cheering for you, then going quiet in anticipation is something that gets the blood pumping."

Tricia Tan also hit a new personal best on the Snatch with 63kg, taking the win for women with a total of 138kg. Coming in second was Annie Set.

Said Tan, "I was really looking forward to the Olympic weightlifting competition – a first for me. It was such an intense and nerve-wrecking experience, but I'm thrilled I managed to snag a personal best of 63kg on the Snatch!" **FHM**

The Elite 2015 Grand Finals will be held on 18 Oct at Bugis Junction, where the Top 10 from the Men's and Women's Open, and the Top 5 teams will compete for the title of "Fittest in Singapore", with more than \$10,000 in cash and prizes to be won. More info at [www.elitesgfittest.com](http://www.elitesgfittest.com).



# MASTER THE BASICS OF LOVE & SEX

Ditch the reverse cowboy, lose the love swing and forget sonic felching. When it comes to romance, it's all about the fundamentals.

Words **Joe Mackertich** Photography **Singapore FHM**









As with so many things in life, *Fifty Shades Of Grey* is to blame. When EL James' series of pervy novels became a zeitgeist-straddling porno phenomenon, a new fear descended over the men of Singapore. What if it was no longer enough to be quite

good at sex? What if, in light of the raunchy sado-sex revolution exploding all around, we had to become bullwhip-wielding, sneering bedroom masters of the universe to cut it?

Girls, it was decided, were no longer interested in supermarket own-brand lovemaking. Does the bottom draw of your bedside table contain nipple clamps, a ball gag and an economy-sized vat of Durex Play O lube? No? Then get back to the '50s, you buttoned-up weirdo! The world has moved on.

Thankfully, this turned out to be a load of tosh. At *FHM*, we compel you to (carefully) put down the rubber dildo and rediscover the basics of love and sex. Because what good is a latex bukkake dungeon if you aren't able to spoon your lovely girlfriend afterwards?

We asked romantic woman Stevie Martin to come together (giggle) with comedian Naz Osmanoglu and relationships expert James Preece to devise a guide to the fundamentals of romance. The stuff that we, as a civilisation, are in danger of forgetting.



## HOW TO **GIVE A** MASSAGE

► This strikes fear into most humans, but all you need to do is watch a YouTube tutorial and maybe practice on a dog or something. "Get them to relax, light a candle and play some relaxing music to get them in the mood," suggests James Preece. "Move your hands slowly and gently, easing away any tension. The best place to start is the shoulders, neck and back, moving your way down."



## HOW TO **UNDO** **A** **BRA**

► Girls can effortlessly do it one-handed, behind our backs, so how hard can it be? Apparently, quite hard.

"They are too niche for their own good – like hipsters," says Naz Osmanoglu. "Very difficult to open in one fluid hand motion. Why not buttons? Or a toggle? Even a sandwich bag zip would be easier. Or cufflinks. It's basically alien technology that requires a thumb scan and loads of awkward pissing about." More helpful is Preece's advice for nailing it in one: "Just put your thumb and forefinger either side of the clasp and squeeze. Use both of your hands, as she won't be able to see what you're up to anyway."





## HOW TO GET ON WITH HER *FRIENDS*

☛ If you don't make the effort with her mates, you're not making an effort with her, and she'll think you're a dick. "You need to get them on your side as they'll be the ones she talks to when you have problems," says Preece, sagely. "Make them laugh, buy them drinks and, above all, show them you like her. Ask your girlfriend about them every now and again and accept invitations when you know they will be there, even if you don't want to." And most of the time, you won't want to. Because other people's friends are crap.

### 3 friends that every girl has

#### THE FUN ONE

Her mate from uni that appears to be the source of every anecdote involving tequila, rugby players and vomiting in cabs. In spite of yourself, you'll actually be jealous of her.

**How to win her over:** Pop the tequilas (even if it's Monday).

#### THE TRAGIC ONE

For whatever reason, ladies tend to have one girl mate who is perpetually unlucky in love and always in need of a two-hour WhatsApp pep talk.

**How to win her over:** You need to become her gay best friend, without being gay. Unless you want to. Whatever.

#### THE SOLID-GOLD BEZZIE

They've been friends since infant school and appear on each other's Facebook feeds in every other photo.

**How to win her over:** Do everything in your power to endear yourself to her, short of transferring \$30,000 into her bank account. »



## HOW TO SURPRISE HER

► If you organise a surprise weekend away, a meal, picnic, trip to the zoo, or literally anything, then you get roughly 40,000 romance points. Basically, pick something you've seen in a typically romantic film and emulate it. Get one of her mates to check she's free, figure out her movements and, yeah it sounds a bit creepy, but no girl ever said: "He surprised me with a romantic gesture this weekend, what an absolute prick."



## HOW TO ASK A GIRL FOR HER NUMBER

► Both of you know that the underlying message is "I want to bone you big time", but there's no way round it. "This is difficult," says Osmanoglu. "Which is weird because in life we get asked to fill out our contact details all the time. Maybe it would feel more natural if you gave her a form to fill out."



Ask for it in a casual way, like it's no big deal.

### DON'T

Immediately call the number she's just given you while she's standing there, "just to make sure".



Joke that you are saving her into your contacts under "enigmatic babe"...

### DON'T

Tell her she's going into your phone under the name "Richard" because of your "psycho girlfriend".



## HOW TO KISS

Not. Too. Hard. Thank you. "Don't just go in for the kill unexpectedly," says Preece. "Take it very slowly and let her moans, hands and reactions



guide you as to how it's going." Also, don't try to lick her oesophagus.

We asked all the girls we know what

their biggest gripes are when it comes to men kissing. Here's their top five:

- 5 Not using hands at all
- 4 Keeping eyes open (creepy)
- 3 Stubble rash
- 2 Too tight-lipped
- 1 Excessively forceful tongue

## HOW TO SPOON

"What happens when the sex is over, you're spooning and you realise your drummer wants to do another solo?" worries Preece. Presuming that's a metaphor, boners are fine during spooning provided you reference them (there is nothing worse than unreferenced wood), otherwise neither of you will sleep because you're both wondering if you're about to have sex again. If you want it, say. If you don't, then make a joke about your boner. Then have a spoony sleep. "Girls love spooning," says Preece. "Spoon them while they fall asleep and you'll come across as protective and deepen your bond."

**DO** Send her a funny text message a few hours later.

### DON'T

Ask her out over text and, when you don't get an immediate reply, tell her she's a "stuck-up clown" who has "blown it forever".



## HOW TO STAY ROMANTIC AFTER AN ARGUMENT

All couples fight but it's what you do afterwards that really makes or breaks your romance credentials. If you've been a dick, say sorry. If she's been a dick, say you're sorry you argued and hopefully that will encourage her to say sorry. Immediately suggest something nice to do in the near future like going to dinner. Or abseiling. Done.



Unless she's explicitly asked you not to, hold her hand at every available opportunity. Even if you're on fire. It's the easiest thing in the world, unless neither of you have hands.

# HOW TO WRITE A LOVE LETTER

Or, indeed, this could be a love e-mail, extended WhatsApp, or particularly intimate text. "It's tough without it sounding like a silly joke, or worse, a piece of evidence to be used in court," says Preece. "If you say, 'Your eyes are so beautiful, give them to me', things can get dark quickly."

Preece advises, "Avoid cheesy poems or anything that might suggest it's a joke. Treat it seriously and talk about the things you might do in the future. She'll start to imagine you being a big part in it."



## ! THE GREATEST OPENINGS TO LOVE LETTERS OF ALL TIME

"We get old and get used to each other. We think alike. We read each other's minds."

**Johnny Cash to June Carter**

"Time passes swiftly, but is it not joyous to see how great and growing is the treasure we have gathered together."

**Winston Churchill to wife Clementine**

"My love has made me selfish. I cannot exist without you — I am forgetful of everything but seeing you again."

**John Keats to his neighbour Fanny Brawne**

"You don't realise, of course, how fascinatingly beautiful you have always been."

**Richard Burton to Elizabeth Taylor**





# HOW TO IMPRESS HER DAD

► "You never know whether to go in hard or try the more sensitive approach. And it's a constant struggle not to blurt out, 'Oh, by the way, I'm boffing your daughter,'" says Osmanoglu, king of parent charming. Look, just be polite and don't try too hard. If sweat drips into your eyes and blinds you, turn it down a notch. "Be as respectful as possible and try to find mutual interests to talk about," says Preece. "This could be sports, holidays, television shows or hobbies. Play it safe. And definitely avoid sarcasm wherever possible."

# HOW TO ASK HER TO BE YOUR GIRLFRIEND

► "It's hard," says Osmanoglu "Going out' just seems so childish; 'Do you wanna date?'; too American. 'Wanna hang out?' is too vague. 'You, me, exclusive sex?' To be fair, this one is quite good. 'Would you like to skip and hold hands and roll around in hay and frolic all day long?' Too mental. 'Could I borrow your copy of *Das Boot*?' has worked for me in the past, but there's a limited amount of times you can really use this."

Just say "Do you think I can refer to you as my girlfriend now?" in a jokey kind of accent to mask any awkwardness. Nothing like a Jamaican patois to distract her from your feelings. **FHM**



# HOW TO SET THE SCENE

Smooth producer and DJ extraordinaire  
Budgie on the tracks you need lined up and  
ready to go the first time she stays over...



## Mint Condition *Breakin' My Heart (Pretty Brown Eyes)*

► This one is tried and tested. A good one to let her know how you feel, whatever the colour of her eyes.



## BJ The Chicago Kid *Good Luv'n*

► Honestly, this guy's the only person making these kind of songs nowadays and actually doing them justice.



## Lil' Louis *Do U Luv Me*

► If she's sick of all the slushy R&B and wants something a little more up tempo, this one is perfect. And still sweet enough to melt a raver girl's heart.



## Teena Marie *Turnin' Me On*

► You can file this one with the BJ song above. Great to get down to. RIP to the great Lady Tee.



## Wee *I Think I am in Love with You*

► This one is for the more sophisticated lady. You can really impress her with your musical knowledge. Don't forget to tell her you have a copy of the \$2,000 OG vinyl pressing at your parents' crib.



## Deborah Cox *Nobody's Supposed to be Here*

► This list wouldn't be right without a straight-up slow jam. In the 1990s' R&B canon, this hangs a little left of centre, but is still guaranteed to make your lady weak at the knees.

**We stand behind  
(and on top of)  
every bag we make**



Meet Byamba.

Byamba is a four times World Sumo Champion, and to be this good he doesn't accept compromise.

Tenba set out to design and manufacture the most durable, most versatile and best made camera bags and cases we can, and like Byamba, we never compromise. Neither should you!

